Orthodox Prayerbook

A Collection of Prayers in the OCA Tradition

THIS PRAYERBOOK BELONGS TO:

Orthodox Prayerbook

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“Everyone capable of thanksgiving is capable of salvation and eternal joy.”

Fr. Alexander Schmemann

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Morning Prayers

Arising from bed, stand with reverence before the All-seeing God.
Make the Sign of the Cross and say:

In the Name of the Father and of the Son and of the Holy Spirit. Amen.

Stand quietly for a short while until the mind is still. Then make three bows, saying:

O God, be merciful to me, a sinner. *(3 times)*

Trisagion Prayers

Through the prayers of our holy brothers and sisters, Lord Jesus Christ our God, have mercy on us and save us. *Amen.*

Glory to You, O God, glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, everywhere present and filling all things, Treasury of Blessings and Giver of Life: come and abide in us and cleanse us from every impurity and save our souls, O Good One!

Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us.
O Lord, cleanse us from our sins.
O Master, pardon our transgressions.
O Holy One, visit and heal our infirmities
for Your Name's sake.

Lord have mercy! *(3 times)*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father who art in heaven,
hallowed be Thy Name,
Thy Kingdom come,

Thy will be done on earth as it is in heaven;
give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass against us
and lead us not into temptation
but deliver us from the Evil One.

Morning Troparia

Arising from sleep we fall down before You, O Good One and cry out to You, O Almighty One, the angelic hymn: holy, holy, holy are You, O God! Through the prayers of the Theotokos, have mercy on us!

Glory to the Father and to the Son and to the Holy Spirit.

Now that You have raised me from my bed of sleep, O Lord, enlighten my mind and heart and open my lips that I may praise You, O Holy Trinity: holy, holy, holy are You, O God! Through the prayers of the Theotokos, have mercy on us!

Now and ever and unto ages of ages. Amen.

Suddenly the Judge shall come and the deeds of each shall be revealed; thus with fear we cry out at

midnight: holy, holy, holy are You, O God! Through the prayers of the Theotokos, have mercy on us!

Lord have mercy! *(12 times)*

Prayer of St. Basil the Great

Having arisen from sleep, I thank You, O Holy Trinity, for in Your great goodness and forbearance You have not become angry with me in my negligence and sinfulness, nor have You destroyed me in my transgressions, but in Your compassion You have raised me up as I lay in despair that I might sing the glories of Your majesty. Enlighten the eyes of my understanding; open my heart to receive Your words; teach me Your commandments and help me to do Your will, confessing You from my heart, singing and praising Your all-holy Name: of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. *Amen.*

Come let us worship God our King!
Come let us worship and fall down
before Christ our King and our God!
Come let us worship and fall down
before Christ Himself our King and our God!

Psalm 51 (50)

Have mercy on me, O God, according to Your great goodness, according to Your abundant mercy, blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin! For I know my transgressions and my sin is ever before me. Against You, You only, have I sinned and done that which is evil in Your sight, so that You are justified in Your sentence and blameless in Your judgment. Behold, I was brought forth in iniquity and in sin did my mother conceive me. Behold, You desire truth in the inward being; therefore teach me wisdom in my secret heart. Purge me with hyssop and I shall be clean; wash me and I shall be whiter than snow. Fill me with joy and gladness; let the bones which You have broken rejoice. Hide Your face from my sins and blot out all my iniquities. Create in me a clean heart, O God and put a new and right spirit within me. Cast me not away from Your presence and take not Your Holy Spirit from me. Restore to me the joy of Your salvation and uphold me with a willing spirit. Then I will teach transgressors Your ways and sinners will return to You. Deliver me from bloodguiltiness, O God, you God of my salvation and my tongue will sing aloud of Your deliverance. O Lord, open my lips and my mouth shall show forth Your praise. For You have

no delight in sacrifice; were I to give a burnt offering, You would not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, You will not despise. Do good to Zion in Your good pleasure; rebuild the walls of Jerusalem; then will You delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on Your altar.

The Creed

I believe in one God, the Father Almighty, Maker of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages; Light of Light, true God of true God; begotten, not made; of one essence with the Father; by whom all things were made; who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary and became man. And He was crucified for us under Pontius Pilate and suffered and was buried. And the third day He rose again, according to the Scriptures and ascended into heaven; and sits at the right hand of the Father. And He shall come again with glory to judge the living and the dead; whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets. In one Holy, Catholic and Apostolic Church.

I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead and the life of the world to come. *Amen.*

First Prayer, by St. Marcarius

O Lord, cleanse me a sinner, for I have never done anything good in Your sight; deliver me from the Evil One and let Your will be in me so that I may open my unworthy mouth without condemnation and praise Your all-holy Name: of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. *Amen.*

Second Prayer

Arising from sleep, O Saviour, I bring to You the midnight song, and falling before You, I cry out: let me not fall asleep in the death of sin, but have mercy on me as I lie in laziness, O You who were voluntarily

crucified. Hasten to raise me up and save me, for I stand before You in prayer. After the sleep of the night, O Lord Christ, shine a sinless day upon me and save me. *Amen.*

Third Prayer

Arising from sleep, I flee to You, O Master and Lover of mankind, and by Your lovingkindness, I strive to do works well-pleasing to You. I pray You: help me at all times and in everything. Deliver me from all worldly things, save me from every impulse of the devil and lead me into Your eternal Kingdom. For You are my Creator, Protector and Bestower of all good things; all my hope is in You and I glorify You now and ever and unto ages of ages. *Amen.*

Fourth Prayer

O Lord, in Your great goodness and abundant compassion, You have granted me, Your servant, to pass the time of this night without falling into any of the evil temptations of the jealous enemy. O Master and Creator of all, grant that, my heart illumined by Your true light, I may do Your will, now and ever and unto ages of ages. *Amen.*

Fifth Prayer, by St. Basil the Great

O Almighty Lord, God of the angelic Powers and of all flesh, You dwell on high and care for the lowly; You search men's hearts and innermost beings and truly know all our hidden thoughts. Ever-living Light from all eternity, in whom there is neither variation nor shadow due to change, trusting in Your abundant mercy, we offer You at this present hour our prayers from stained lips, O immortal King. Forgive every sin which we have committed against You in word or deed, in knowledge or in ignorance, and cleanse us from every stain of flesh and spirit. Grant that with a pure and watchful heart we may pass the night of this life in anticipation of the brilliant and holy Day when Your only-begotten Son, our Lord, God, and Saviour Jesus Christ, will come with glory to judge and render to each according to his deeds. May we not be found idle or sleeping, but watchful and actively performing Your commandments. May we be prepared to enter into His divine and glorious bridal-chamber, where the voice of those who feast is unceasing and the gladness of those who behold the goodness of Your glory is indescribable. For You are the true Light who enlighten and sanctify all, and all creation sings Your praise forever. *Amen.*

Sixth Prayer

We bless You, O God most high and Lord of mercies, who ever work great and mysterious deeds for us, glorious, wonderful and numberless; You provide us with sleep as a rest from our infirmities and as a repose for our bodies, tired by labour. We thank You that You have not destroyed us in our transgressions, but in Your love toward mankind You have raised us up as we lay in despair that we may glorify Your majesty. We entreat Your infinite goodness: enlighten the eyes of our hearts and raise up our minds from the heavy sleep of indolence; open our mouths and fill them with Your praise, that we may unceasingly sing and confess You, who are God glorified in all and by all: the eternal Father, the only-begotten Son and the all-holy, good and life-creating Spirit, now and ever and unto ages of ages. *Amen.*

Seventh Prayer, to the Holy Guardian Angel

O holy angel who keep guard over my despondent soul and passionate life, forsake me not, a sinner, nor shrink from me because of my intemperance: give no place to the cunning demon to overcome me through the oppression of my mortal body; strengthen my weak and feeble hands and guide me in the way

of salvation. Yes, holy angel of God, guardian and protector of my wretched soul and body: forgive me everything in which I have offended you every day of my life, and if I have sinned this past night, protect me during this present day. Preserve me from every temptation of the enemy, that I may not anger God by any sin. Pray to the Lord for me, that He may establish me in His fear and prove me a servant worthy of His kindness. *Amen.*

Eighth Prayer, to the Theotokos

O my most holy Lady Theotokos, through your holy and all-powerful prayers, banish despair, forgetfulness, ignorance and negligence from me, your lowly, sinful servant, and all impure, evil and blasphemous thoughts from my wretched heart and darkened mind. Quench the flame of my passions, for I am poor and miserable. Deliver me from the remembrance of troublesome thoughts and evil deeds. For you are blessed by all generations and your most-glorious name is extolled to all ages. *Amen.*

Ninth Prayer, by Metropolitan Philaret of Moscow

O Lord, grant that I may greet the coming day in peace. Help me to rely on Your holy will at every moment. In every hour of the day, reveal Your will to me. Bless my association with all who surround me. Teach me to treat whatever may happen to me throughout the day with peace of soul and with firm conviction that Your will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all is sent by You. Teach me to act firmly and wisely, without embittering or embarrassing others. Give me strength to bear the fatigue of the coming day with all that it will bring. Direct my will. Teach me to pray, and pray Yourself in me. *Amen.*

Invocation of the Saint whose Name You Bear

Pray to God for me, O *Saint N.*, well-pleasing to God, for I fervently flee to you, who are the speedy helper and intercessor for my soul.

Salutation to the Most Holy Theotokos

Rejoice Virgin Theotokos, Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne the Saviour of our souls!

Tropar of the Holy Cross

O Lord, save Your people and bless Your inheritance. Grant victory to the Orthodox Christians over their adversaries and by virtue of Your Cross preserve Your habitation.

Commemoration of the Living

O Lord Jesus Christ our God, who for the sake of Your eternal mercy and lovingkindness became man and suffered crucifixion and death for the salvation of all, who rose from the dead and ascended into heaven and sit at the right hand of the Father where You hear the prayers of all who call upon You humbly and with their whole heart: incline Your ear to us and hearken to the prayer which Your unworthy servants offer as a spiritual sacrifice for all Your people.

Remember first of all Your Holy, Catholic and Apostolic Church which You have purchased with Your precious Blood. Strengthen it, multiply it, keep it in peace and do not allow the gates of hell to prevail against it. Prevent schisms among the churches, pacify the ragings of the pagans, quickly destroy the uprisings of heresies by the power of Your Holy Spirit.

Have mercy, O Lord, upon our Queen, Governor-General, Prime Minister, Premiers and all who answer before Your face for their responsibility in civil authority and in the armed forces, and save them all. Give them peace and continual victory over unrighteousness and evil in all places. May they provide peace so that Your holy Church and all Your people may live calm and ordered lives in Your sight, in true faith and prayer, with godly deeds.

Have mercy, O Lord, upon the Orthodox Patriarchs and Metropolitans, Archbishops and Bishops, the Priests and Deacons, and the whole order of the clergy of Your Church. Save them, whom You have established to feed Your flock and by their prayers have mercy on us sinners and save us.

Have mercy, O Lord, on our spiritual fathers and mothers and save them, and by their holy prayers

forgive us our transgressions.

Have mercy, O Lord, on our parents and save them together with our brothers and sisters, our kinfolk after the flesh, and our friends. Grant them Your blessing, both here and in the age to come.

Have mercy, O Lord, on the old and the young, the needy, the orphans, the widows and all who are in sickness and sorrow, distress and affliction, oppression and captivity, in prison and confinement. Save them, together with Your servants who are under persecution for Your sake and for the sake of the Orthodox Faith. Remember them, visit them, strengthen and comfort them, and by Your power grant them speedy relief, freedom and deliverance.

Have mercy, O Lord, on all who travel and save them: those who are sent on duty, our brothers and sisters, and all Orthodox Christians.

Have mercy, O Lord, on our enemies: save all those who envy us, wish us evil or deal unjustly with us. May they not perish because of us sinners.

Enlighten, O Lord, with the truth of Your holy wisdom, all who have gone astray from the Orthodox Faith, led by destructive heresies and divergent philosophies,

and unite them once more to Your Holy, Catholic and Apostolic Church. *Amen.*

Commemoration of the Departed

Remember, O Lord, those who have departed this life: all Orthodox Patriarchs, Metropolitans, Archbishops, and all who served You in the priesthood and ministry of the Church, and in the monastic order, and grant them rest with Your saints in Your eternal Kingdom.

Remember, O Lord, the souls of Your servants now fallen asleep: our parents, family, and friends. Forgive them all their sins, committed in knowledge or in ignorance; grant them Your Kingdom, a portion in Your eternal blessing, and the enjoyment of Your unending life.

Remember, O Lord, all who have fallen asleep in the hope of the resurrection to eternal life: our brothers and sisters, the Orthodox Christians throughout the world. Place them with Your saints, before the light of Your countenance, and have mercy on us, for You are good and the Lover of mankind. *Amen.*

Final Prayers

It is truly meet to bless you, O Theotokos, ever blessed and most pure and the Mother of our God! More honourable than the cherubim and more glorious beyond compare than the seraphim: without defilement you gave birth to God the Word. True Theotokos, we magnify you!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord have mercy! *(3 times)*

Through the prayers of our holy brothers and sisters, Lord Jesus Christ our God, have mercy on us and save us. *Amen.*

Evening Prayers

In the Name of the Father and of the Son and of the Holy Spirit. Amen.

Trisagion Prayers

Through the prayers of our holy brothers and sisters, Lord Jesus Christ our God, have mercy on us and save us. *Amen.*

Glory to You, O God, glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, everywhere present and filling all things, Treasury of Blessings and Giver of Life: come and abide in us and

cleanse us from every impurity and save our souls, O Good One!

Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us.
O Lord, cleanse us from our sins.
O Master, pardon our transgressions.
O Holy One, visit and heal our infirmities for Your Name's sake.

Lord have mercy! *(3 times)*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father who art in heaven,
hallowed be Thy Name,
Thy Kingdom come,
Thy will be done on earth as it is in heaven;
give us this day our daily bread
and forgive us our trespasses

as we forgive those who trespass against us
and lead us not into temptation
but deliver us from the Evil One.

If prayer is said at the beginning of the evening, the following may be said:

Evening Troparia

The day is over; I thank You, O Lord! Grant me to pass this evening and this night without sin and save me, O Saviour!

Glory to the Father and to the Son and to the Holy Spirit.

The day is over; I glorify You, O Master! Grant me to pass this evening and this night without offence and save me, O Saviour!

Now and ever and unto ages of ages. Amen.

The day is over; I sing to You, O Holy One! Grant me to pass this evening and this night without temptation and save me, O Saviour!

Or, if prayer is said before retiring, the following may be said:

Troparia of Repentance

Have mercy on us, O Lord, have mercy on us, for laying aside all excuse, we sinners offer to You, as to our Master, this supplication: Have mercy on us!

Glory to the Father and to the Son and to the Holy Spirit.

O Lord, have mercy on us, for in You have we put our trust. Do not be angry with us, nor remember our iniquities, but look down on us even now, since You are compassionate and deliver us from our enemies; for You are our God and we are Your people; we are all the work of Your hands and we call on Your Name.

Now and ever and unto ages of ages. Amen.

O blessed Theotokos, open the doors of compassion to us whose hope is in you, that we may not perish but be delivered from adversity through you who are the salvation of the Christian people.

Lord have mercy! *(12 times)*

First Prayer, by St. Macarius the Great

O eternal King and God of all creation, who have granted me to reach this hour, forgive me the sins which I have committed during this day in thought, word or deed, and cleanse, O Lord, my humble soul from all stain of flesh and spirit. Grant that I may sleep through this night in peace, O Lord; and, arising from my humble bed, let me please Your all-

holy Name every day of my life and trample underfoot all the enemies, visible and invisible, which wage war against me. Deliver me, O Lord, from useless thoughts which defile me and from all evil desires. For Yours is the Kingdom and the power and the glory: of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. *Amen.*

Second Prayer, of St. Antioch

O almighty and perfect Word of the Father, Jesus Christ, in Your abundant compassion, do not separate Yourself from me, Your servant; instead, ever rest within me, O Jesus, Good Shepherd of Your sheep. Do not give me over to the temptations of the serpent or leave me to the desires of Satan, for the seed of corruption is in me. O Lord God whom we worship, holy King, Jesus Christ, guard me in my sleep with the unfading light, Your Holy Spirit, by whom You granted sanctification to Your Apostles. Though I am unworthy, grant me Your salvation on my bed, for I am Your servant. Illumine my mind with the light of the understanding of Your holy Gospel; my soul with the love of Your Cross; my heart with the purity of Your Word; my body with the invincibility of Your Passion. Keep my thought in Your humility and raise me up in due time to glorify You, for You are most-glorious,

together with Your Father who has no beginning and Your all-holy Spirit, unto all ages. *Amen.*

Third Prayer, to the Holy Spirit

O Lord, Heavenly King, the Comforter, the Spirit of Truth, show Your compassion to me, Your sinful servant; have mercy on me and forgive me, the unworthy one, for all the sins which I have committed against You today as a man and not only as a man but even worse than a beast. Forgive all my sins committed voluntarily or involuntarily, in knowledge or in ignorance, whether from immaturity or from bad habits, whether from weakness or from laziness: if I have sworn by Your Name or blasphemed it in thought, if I have rebuked anyone or in my anger have spoken ill of another or provoked anyone, if I became angry or lied or slept too much or if a poor man came to me and I did not receive him, if I have provoked my brother or quarrelled with him, if I condemned anyone or exalted myself, if I have boasted or lost my temper or while in prayer my mind turned to vain worldly cares, if I rebelled in thought or if I have overeaten or drunk too much, if I have laughed foolishly or thought evil or if I have seen the beauty of another and been wounded by it in my heart, if I have spoken unnecessarily or laughed at my brother's sin

while my own sins are countless, if I have neglected to pray or committed some other sin which I do not remember, (for I have done all this and much more), O my Master and Creator, have mercy on me, Your lazy and unworthy servant. Loose, remit and forgive me, for You are good and the Lover of mankind. Thus, wretched, impure and sinner that I am, I may lie down in peace and worship, sing, and glorify Your all-honourable Name, together with the Father and His only-begotten Son, now and ever and unto ages of ages. *Amen.*

Fourth Prayer

O Lord our God, forgive all my sins committed this day in thought, word or deed for You are good and the Lover of mankind. Grant me peaceful and undisturbed sleep. Send me Your guardian angel to protect and keep me from all evil. For You are the Guardian of our souls and bodies and to You we send up glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. *Amen.*

Fifth Prayer

O Lord our God, in whom we believe and whose Name we call upon above every name; as we prepare for sleep, grant us relaxation of soul and body and keep us from all dreams and dark pleasures; calm the onslaught of the passions; quench the burning of bodily tensions that arise in the flesh. Grant that we may live in purity of thought and deed, that in obtaining a life of virtue, we may not fall away from Your promised blessing, for You are blessed forever. *Amen.*

Sixth Prayer, to the Holy Theotokos

O immaculate and blessed Theotokos, Mary, good Mother of the good King: pour out the mercy of Your Son and our God upon my inflamed soul; guide me to good works by your prayers that I may pass the rest of my life without sin and obtain paradise through you, O Virgin Theotokos, who alone are pure and blessed. *Amen.*

A Prayer to One's Guardian Angel

O angel of Christ, my holy guardian and protector of my soul and body, forgive me everything in

which I have offended you this day, and deliver me from all the evil wiles of the enemy, that I may not anger my God by any sin. Pray for me, a sinful and unworthy servant, that I may be counted worthy of the kindness and mercy of the All-holy Trinity, of the Mother of my Lord Jesus Christ and of all the saints. *Amen.*

Kontakion and Prayers to the Holy Theotokos

O Victorious Leader of triumphant hosts, we your servants delivered from evil, sing our grateful thanks to you, O Theotokos. As you possess invincible might, set us free from every calamity so that we may sing: Rejoice, O Unwedded Bride!

O ever-glorious Virgin Theotokos, Mary, Mother of Christ our God, accept our prayers and offer them to your Son and our God that through you He may illumine and save our souls.

All my hope is in you, O Mother of God, keep me under your protection. O Virgin Theotokos, do not overlook me, a sinner, in need of your help and protection, but have mercy on me, for my soul hopes in you.

A Prayer to the Holy Trinity, by St. Ioanichius

The Father is my hope, the Son is my refuge, the Holy Spirit is my protection! O Holy Trinity, glory to You!

Final Prayers

It is truly meet to bless you, O Theotokos, ever blessed and most pure and the Mother of our God! More honourable than the cherubim and more glorious beyond compare than the seraphim: without defilement you gave birth to God the Word. True Theotokos, we magnify you!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord have mercy! *(3 times)*

Through the prayers of our holy brothers and sisters, Lord Jesus Christ our God, have mercy on us and save us. *Amen.*

The following are to be said immediately before retiring:

Loose, forgive, remit, O God, our transgressions committed voluntarily and involuntarily; of word and of deed; those done in knowledge and in ignorance; those of the night and of the day; those of the mind and of thought: forgive them all, for You are good and the Lover of mankind.

Lord, forgive those who hate us and persecute us. Do good to those who are good to us. Grant all the petitions of our brothers, sisters and kinfolk which are for their salvation and eternal life. Grant visitation and healing to those who are ill. Guide those who travel by land, by sea, and by air. Direct our civil authorities to do good. Forgive the sins of those who serve us and who have mercy on us. Be merciful according to Your great mercy on those who have asked us, unworthy though we be, to pray for them. Remember, O Lord, those who have fallen asleep before us: our brothers and sisters, and grant them rest where the light of Your countenance shines on them. Remember, O Lord, those who bring offerings and do good in Your holy churches, and grant them all their petitions which are for their salvation and eternal life. Remember us, O Lord, Your unworthy and sinful servants. Illumine our minds with the light of Your knowledge and guide us along the way of

Your precepts, through the intercessions of our most pure Lady, the Theotokos and Ever-Virgin Mary and of all Your saints, for You are blessed unto the ages of ages. *Amen.*

Prayer of St. John of Damascus

which is to be said pointing at your bed:

O Lord Jesus Christ, Lover of mankind, is this bed to be my grave, or will you shine upon my wretched soul with the light of another day? Behold the grave lies before me and death confronts me: I fear Your judgment, O Lord, and the eternal torments, but still I do not cease from my evil ways, continually angering You, my Lord God, together with Your immaculate Mother, all the Heavenly Hosts, and my holy Guardian Angel. I know, O Lord, that I am unworthy of Your love for mankind and that I deserve every condemnation and torment; but I implore You, O Lord, save me according to the abundance of Your goodness; for it is no great deed if You grant salvation to the righteous, nor is it a miracle for You to have mercy on those who are pure, for they deserve Your lovingkindness. But work the wonder of Your mercy on me, a sinner, and thus reveal Your love for mankind, that my wickedness may not prevail over Your unspeakable goodness and mercy. Order my life as You will. *Amen.*

And when about to lie down on your bed, make the Sign of the Cross over it and say:

Let God arise, let His enemies be scattered, let those who hate Him flee from before His Face. As smoke vanishes, so let them vanish; as wax melts before the fire, so let the demons perish before those who love God and sign themselves with the Sign of the Cross, saying with joy: Rejoice, most precious and life-creating Cross of the Lord; you cast out demons by the might of Him who was crucified on you, our Lord Jesus Christ, who descended into hell and trampled on the power of the devil and gave you, His honourable Cross, to us, to banish all our enemies. Help me, O glorious and life-creating Cross of the Lord, together with the holy Lady Theotokos and all the saints, unto all ages. *Amen.*

As you give yourself up to sleep, say:

Into Your hands, O Lord Jesus Christ my God, I commend my spirit: bless me, have mercy on me and grant me eternal life. *Amen.*

Various Prayers

Before Meals

Our Father who art in heaven,
Hallowed be Thy Name,
Thy Kingdom come,
Thy will be done on earth as it is in heaven,
Give us this day our daily bread
And forgive us our trespasses as we forgive
those who trespass against us
And lead us not in temptation
But deliver us from the Evil One.

Glory to the Father and to the Son and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

Lord have mercy! *(3 times)*

Christ our God, bless the food and drink of Your servants, for You are holy always, now and ever and unto ages of ages. *Amen.*

After Meals

We thank You, O Christ our God, that You have satisfied us with Your earthly blessings; deprive us not of Your heavenly Kingdom, but as You came in the midst of Your disciples, O Saviour and gave them peace, so come to us and save us!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord have mercy! *(3 times)*

Blessed is God who nourishes us with His grace and bounties, always, now and ever and unto ages of ages. *Amen.*

PRAYER BEFORE READING HOLY SCRIPTURE

O Heavenly King, illumine my mind with the understanding of Your Holy Scripture. Strengthen my will so that I may follow Your precepts

to the glory of Your holy Name and the salvation of my soul, for You are the Illuminator and Saviour of our souls. *Amen.*

Prayers on Entering a Church

I will enter Your house and worship toward Your holy temple in the fear of You. Lead me, O Lord, in Your righteousness because of my enemies; make my way straight before You, that with a pure heart I may glorify You forever: one divine power worshipped in three Persons: Father, Son and Holy Spirit, now and ever and unto ages of ages. *Amen.*

Before the icon of Christ:

We venerate Your most pure image, O Good One, and ask forgiveness of our transgressions, O Christ our God. Of Your good-will You were pleased to ascend the Cross in the flesh and deliver Your creatures from bondage to the enemy. Therefore with thankfulness we cry aloud to You: You have filled all with joy, O our Saviour, for You came to save the world!

Before the icon of the Theotokos:

Make us worthy of mercy, O Theotokos, fountain of tenderness. Look on us sinful men and reveal your power as always, for we have put our hope in you. Rejoice! we cry to you, as once did Gabriel, the leader of the bodiless hosts.

Prayer on Leaving a Church

Lord, now let Your servant depart in peace, according to Your Word, for my eyes have seen Your salvation which You have prepared before the face of all peoples: a light to enlighten the Gentiles and the glory of Your people Israel.

Prayer to the Theotokos

Beneath your compassion we take refuge, Virgin Theotokos. Despise not our prayers in our necessities, but deliver us from harm, O only pure, only blessed one.

Prayer for a Woman when She is With Child

Almighty and everlasting God, Creator and Preserver of all men: You love all that You have made and have declared through Your holy Word that all that You have made is good. Look down now mercifully upon Your handmaid who is with child and grant to her Your blessing and heavenly protection. Send Your bright and radiant angels to guide and guard her. Grant also that the child within her may know Your Presence and care and may grow strong and healthy, and be safely born in due time. May the child always experience Your love and forever glorify Your Name, both in this age and also in the age to come, who live and reign Father, Son and Holy Spirit, now and ever and unto ages of ages. *Amen.*

Prayer of Parents for Children

Heavenly Father, eternal salvation of our souls and bodies: grant Your heavenly blessing to my child(ren) *(names)*. In all the changes and chances of this fleeting world, extend Your mighty hand over them to shield them from all physical and spiritual danger and adversity. Fill them with Your Holy Spirit, that *he/she/they* may always love You and strive to fulfill Your holy will as devout members of Your Church.

Grant *him/her/them* so to please You in this age that *he/she/they* may finally inherit Your glorious Kingdom in the age to come. For Yours it is to save us, and to You we ascribe glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. *Amen.*

Prayer of Children for Parents

Heavenly Father, thank You for my parents and for all Your good gifts to me. Grant them Your blessing and mercy, and Your gifts of wisdom, health and long life. Help me to honour them according to Your will, and give me the strength to do all those things which are well-pleasing in Your sight. I ask this through Jesus Christ our Lord, to whom with You and the Holy Spirit are due all glory, honour and might, now and ever and unto ages of ages. *Amen.*

Prayer for a Student:

O Christ my Lord, giver of light and wisdom, You opened the eyes of the blind and transformed the fishermen into wise heralds of the Gospel through the coming of the Holy Spirit: shine the light of Your grace into my mind also. Grant me discernment,

understanding and wisdom. Enable me to perform my labours for Your glory and to abound in every good work, for Yours is the glory, the honour and the praise, with the Father and the Holy Spirit, now and ever and unto ages of ages. *Amen.*

Prayer before Travel

Lord Jesus Christ my God, You travelled with the two disciples on the road to Emmaus after Your resurrection: travel with me also on my journey and be my companion, guide and protector. During my journey surround me with Your holy angels and keep me from all visible and invisible enemies, from all danger, misfortune and temptation. Grant me to reach my destination and home again in peace, and to do Your will in all things, who live and reign with Your eternal Father and Your all-holy, good and life-creating Spirit, now and ever and unto ages of ages. *Amen.*

Prayer of Spouses for Each Other

O Lord Jesus Christ our God, who through Your holy apostle Paul have taught us to bear one another's burdens and so fulfil Your holy Law:

mercifully grant me to bear the burdens of my *husband/wife* in love. Bless our marriage, sending down upon us perfect and peaceful love, preserving us in oneness of mind and in steadfast faith. Pour out Your love upon my *husband/wife (name)*, that *he/she* may be filled with joy and may please You in all things. Defend us from quarrels and temptations and preserve us in peace and harmony that together we may forever glorify Your holy Name: Father, Son and Holy Spirit, now and ever and unto ages of ages. *Amen.*

Prayer of St. John Chrysostom

According to the number of the hours of the day and night

(For the hours of the night:)

1) O Lord, deprive me not of Your heavenly blessings. **2**) O Lord, deliver me from eternal torments. **3**) O Lord, if I have sinned in mind, in thought, in word or in deed, forgive me. **4**) O Lord, deliver me from all ignorance, heedlessness, cowardice and hard indifference. **5**) O Lord, deliver me from all temptation. **6**) O Lord, enlighten my heart which has been darkened by lust. **7**) O Lord, I, being a man, have sinned; being God, forgive me in Your compassion, for You know the weakness of my soul. **8**) O Lord, send Your mercy to help me so that I may extol Your glorious Name. **9**) O Lord, Jesus Christ, inscribe me, Your servant, in the Book of Life and grant me a peaceful end. **10**) O Lord, though I have done nothing good in Your sight, grant that through Your grace I may now make a good beginning. **11**) O Lord, shower upon my heart the dew of Your

grace. **12)** O Lord of heaven and earth, remember me, Your sinful, shameful and unclean servant, in Your Kingdom. *Amen.*

(For the hours of the day:)
1) O Lord, accept me in repentance. **2)** O Lord, do not leave me. **3)** O Lord, lead me not into temptation. **4)** O Lord, grant me good thoughts. **5)** O Lord, grant me tears, remembrance of death and humility. **6)** O Lord, grant me mindfulness to confess all my sins. **7)** O Lord, grant me humility, chastity and obedience. **8)** O Lord, grant me patience, courage and meekness. **9)** O Lord, implant in me the root of blessings-- the fear of You in my heart. **10)** O Lord, grant that I may love You with all my mind and soul and that I may do Your will in all things. **11)** O Lord, deliver me from evil men, from the devil, from bodily passions and from all unlawful things. **12)** O Lord, I know that You act according to Your will; may Your will also be in me, a sinner, for You are blessed unto all ages. *Amen.*

The Lenten Prayer of St. Ephraim the Syrian

O Lord and Master of my life! Take from me the spirit of laziness, despair, lust of power and idle talk. *(prostration)*

But give rather the spirit of chastity, humility, patience and love to Your servant. *(prostration)*

Yes, O Lord and King! Grant me to see my own sins and not to judge my brother, for You are blessed unto ages of ages. *Amen.* *(prostration)*

O God, cleanse me a sinner! *(bow 12 times)*

O Lord and Master of my life! Take from me the spirit of laziness, despair, lust of power and idle talk.

But give rather the spirit of chastity, humility, patience and love to Your servant.

Yes, O Lord and King! Grant me to see my own sins and not to judge my brother, for You are blessed unto ges of ages. *Amen.* *(prostration)*

Troparia and Kontakia for the Weekly Cycle

Sunday:

Tropar ***(Tone 1)***: When the stone had been sealed by the Jews, while the soldiers were guarding Your most pure Body, You arose on the third day, O Saviour, granting life to the world. The powers of heaven therefore cried to You O Giver of Life: Glory to Your Resurrection, O Christ! Glory to Your Kingdom! Glory to Your dispensation, O Lover of mankind!

Kontakion ***(Tone 1):*** As God You rose from the tomb in glory, raising the world with Yourself. Human nature praises You as God for death has vanished. Adam exults, O Master! Eve rejoices for she is freed from bondage and cries to You: You are the Giver of Resurrection to all, O Christ!

Tropar ***(Tone 2):*** When You descended to death, O life immortal, You slew hell with the splendour of

Your Godhead. And when from the depths You rose the dead, all the powers of heaven cried out: O Giver of Life, Christ our God, glory to You!

Kontakion ***(Tone 2):*** Hell became afraid, O almighty Saviour, seeing the miracle of Your Resurrection from the tomb! The dead arose! Creation, with Adam, beheld this and rejoiced with You! And the world, O my Saviour, praises You forever!

Tropar ***(Tone 3):*** Let the heavens rejoice, let the earth be glad. For the Lord has shown strength with His arm! He has trampled down death by death! He has become the first-born of the dead! He has delivered us from the depths of hell and has granted to the world great mercy!

Kontakion ***(Tone 3):*** On this day You rose from the tomb, O Merciful One, leading us from the gates of death. On this day Adam exults as Eve rejoices; with the prophets and patriarchs they unceasingly praise the divine majesty of Your power!

Tropar ***(Tone 4):*** When the women disciples of the Lord learned from the angel the joyous message of Your Resurrection, they cast away the ancestral curse and elatedly told the apostles: Death is overthrown! Christ our God is risen, granting the world great mercy!

***Kontakion** (Tone 4):* My Saviour and Redeemer, as God rose from the tomb and delivered the earth-born from their chains. He has shattered the gates of hell and as Master He has risen on the third day!

***Tropar** (Tone 5):* Let us the faithful praise and worship the Word, co-eternal with the Father and the Spirit, born from the Virgin for our salvation, for He willed to be lifted up on the Cross in the flesh, to endure death and to raise the dead by His glorious Resurrection!

***Kontakion** (Tone 5):* You descended into hell O my Saviour, shattering its gates as almighty; resurrecting the dead as Creator and destroying the sting of death. You have delivered Adam from the curse O Lover of Man and we all cry to You: O Lord, save us!

***Tropar** (Tone 6):* The angelic powers were at Your tomb; the guards became as dead men; Mary stood by Your grave, seeking Your most pure Body. You captured hell, not being tempted by it. You came to the virgin granting life. O Lord who rose from the dead, glory to You!

***Kontakion** (Tone 6):* When Christ God the Giver of Life, raised all of the dead from the valleys of misery with His mighty hand, He bestowed resurrection on

the human race. He is the universal Saviour, the Resurrection, the Life and the God of all!

***Tropar** (Tone 7):* By Your Cross, You destroyed death; to the thief You opened paradise; for the myrrh-bearers You changed weeping into joy and You commanded Your disciples O Christ God to proclaim that You are risen, granting the world great mercy!

***Kontakion** (Tone 7):* The dominion of death can no longer hold men captive, for Christ descended, shattering and destroying its powers! Hell is bound, while the prophets rejoice and cry: the Saviour has come to those in faith! Enter, you faithful, into the Resurrection!

***Tropar** (Tone 8):* You descended from on high, O Merciful One! You accepted the three-day Burial to free us from our sufferings! O Lord our Life and Resurrection, glory to You!

***Kontakion** (Tone 8):* By rising from the tomb, You raised the dead and resurrect Adam. Eve exults in Your Resurrection and the world celebrates Your rising from the dead, O greatly merciful One!

TROPARIA AND KONTAKIA FOR THE WEEKLY CYCLE

Monday:

***Tropar for the Holy Angels** (Tone 4):* Supreme Leaders of the heavenly Hosts, we implore ceaselessly to encircle us unworthy as we are with the shelter of your prayers and to cover us beneath the wings of your immaterial glory. We fall down before you crying aloud: Protect us from all danger, O Princes of the Powers on high!

***Kontakion for the Holy Angels** (Tone 2):* Supreme Leaders of the hosts of God and ministers of the Divine Glory, princes of the bodiless angels and guides of men, ask for what is good for us and great mercy, as Leaders of the Bodiless Hosts!

Tuesday:

***Tropar for St. John the Baptist** (Tone 2):* The memory of the just is celebrated with hymns of praise but the Lord's testimony is enough for you O Forerunner, for you were shown to be more wonderful than the prophets since you were granted to baptize in running waters Him whom you proclaimed. Then having endured great suffering for the truth, you

rejoiced to bring even to those in hell the glad tidings that God who appeared in the flesh takes away the sin of the world and grants us great mercy!

Kontakion for St. John the Baptist (Tone 6): Jordan turned back in fear at the sight of Your bodily presence. And having fulfilled his prophetic ministry, John drew back trembling. The angelic orders were amazed to see You in the flesh baptized in the waters. And all in darkness were illumined and praised You, who had appeared and enlightened all creation!

Wednesday and Friday

Tropar for the Holy Cross (Tone 1): O Lord save Your people and bless Your inheritance. Grant victory to the Orthodox Christians over their adversaries and by virtue of Your Cross, preserve Your habitation!

Kontakion for the Holy Cross (Tone 4): As You were voluntarily crucified for our sake, grant mercy to those who are called by Your Name; make all Orthodox Christians glad by Your power, granting them victories over their adversaries, by bestowing on them the invincible trophy, Your weapon of peace.

Thursday:

Tropar for the Apostles ***(Tone 3):*** O holy Apostles intercede with our merciful God, that He may grant to our souls, the forgiveness of our sins!

Kontakion for the Apostles ***(Tone 2):*** Today Christ the Rock gladly glorifies the rock of faith, the chosen disciple Peter, together with Paul and the whole company of the Twelve. As we celebrate their memory, we glorify Him who has glorified them!

Tropar for St. Nicholas ***(Tone 4):*** You appeared before your flock as a rule of faith, an example of humility and a teacher of abstinence. Because of your lowliness heaven was opened to you; because of your poverty riches were granted to you. O holy bishop Nicholas pray to Christ our God to save our souls!

Kontakion for St. Nicholas ***(Tone 1):*** O wise Nicholas, you shine forth on earth with rays of wonder! You move every tongue to glorify and praise Him who honoured you! Therefore beseech Him to deliver from every difficulty those who faithfully and earnestly celebrate your memory, O elect among the fathers!

Saturday:

Tropar for All the Saints (Tone 2): Apostles, martyrs and prophets, holy hierarchs, saints and righteous ones, having fought the good fight and kept the Faith you have boldness towards the Saviour. Intercede for us with Him, for He is good. We pray that He may save our souls.

Kontakion for the Martyrs (Tone 8): The universe offers You the God-bearing martyrs as the first-fruits of creation, O Lord and Creator. Through the Theotokos and their prayers establish Your Church in peace.

Tropar for the Departed (Tone 8): O only Creator, who with wisdom profound mercifully order all things and give unto all that which is useful: give rest, O Lord, to the souls of Your servants who have fallen asleep, for they have placed their trust in You, our Maker and Fashioner and our God.

Kontakion for the Departed (Tone 8): With the saints give rest, O Christ, to the souls of Your servants, where sickness and sorrow are no more, neither sighing but life everlasting.

Festal Troparia and Kontakia

Nativity of the Most Holy Theotokos (September 8)

Tropar (Tone 4): Your nativity, O Virgin, has proclaimed joy to the whole universe! The Sun of Righteousness, Christ our God, has shone from you, O Theotokos! By annulling the curse, He bestowed a blessing. By destroying death, He has granted us eternal life!

Kontakion (Tone 4): By your nativity, O most pure Virgin, Joachim and Anna are freed from barrenness; Adam and Eve, from the corruption of death. And we, your people, freed from the guilt of sin, celebrate and sing to you: the barren woman gives birth to the Theotokos, the Nourisher of our Life!

The Elevation of the Life-creating Cross (September 14)

***Tropar** (Tone 1):* O Lord save Your people and bless Your inheritance. Grant victory to the Orthodox Christians over their adversaries and by virtue of Your Cross, preserve Your habitation!

***Kontakion** (Tone 4):* As You were voluntarily crucified for our sake, grant mercy to those who are called by Your Name; make all Orthodox Christians glad by Your power, granting them victories over their adversaries, by bestowing on them the invincible trophy, Your weapon of peace.

The Entrance of the Theotokos into the Temple (November 21)

***Tropar** (Tone 4):* Today is the prelude of the good-will of God, of the preaching of the salvation of mankind. The Virgin appears in the Temple of God, in anticipation proclaiming Christ to all. Let us rejoice and sing to her: Rejoice, O Fulfillment of the Creator's dispensation!

***Kontakion** (Tone 4):* The most pure Temple of the Saviour; the precious Chamber and Virgin; the sacred

Treasure of the glory of God, is presented today to the House of the Lord. She brings with her the grace of the Spirit, which the angels of God do praise. Truly this woman is the abode of heaven!

The Nativity of our Lord, God and Saviour Jesus Christ (December 25)

***Tropar** (Tone 4):* Your Nativity, O Christ our God, has shone to the world the light of wisdom! For by it, those who worshipped the stars, were taught by a star to adore You, the Sun of Righteousness and to know You, the Orient from on high. O Lord, glory to You!

***Kontakion** (Tone 3):* Today the Virgin gives birth to the Transcendent One and the earth offers a cave to the Unapproachable One! Angels, with shepherds, glorify Him! The wise men journey with the star! Since for our sake the eternal God was born as a little Child!

The Theophany of our Lord, God and Saviour Jesus Christ (January 6)

***Tropar** (Tone 1):* When You, O Lord, were baptized in the Jordan, the worship of the Trinity was made

manifest! For the voice of the Father bore witness to You and called You His Beloved Son! And the Spirit in the form of a dove, confirmed the truthfulness of His word. O Christ our God, who have revealed Yourself and have enlightened the world, glory to You!

Kontakion (Tone 4): Today You have appeared to the universe and Your light, O Lord, has shone on us, who with understanding praise You: You have come and revealed Yourself, O Light Unapproachable!

The Meeting of Our Lord Jesus Christ in the Temple (February 2)

Tropar (Tone 1): Rejoice, O Virgin Theotokos, Full of Grace! From you shone the Sun of Righteousness, Christ our God, enlightening those who sat in darkness! Rejoice and be glad, O righteous Elder; you accepted in your arms the Redeemer of our souls, who grants us the resurrection!

Kontakion (Tone 1): By Your Nativity, You sanctified the Virgin's womb! And blessed Simeon's hands, O Christ God. Now You have come and saved us through love. Grant peace to all Orthodox Christians, O only Lover of man!

Sunday of Orthodoxy
(First Sunday of Great Lent)

***Tropar** (Tone 2):* We venerate Your most pure image, O Good One, and ask forgiveness of our transgressions, O Christ our God. Of Your good-will You were pleased to ascend the Cross in the flesh and deliver Your creatures from bondage to the enemy. Therefore with thankfulness we cry aloud to You: You have filled all with joy, O our Saviour, for You came to save the world!

***Kontakion** (Tone 8):* No one could describe the Word of the Father; but when He took flesh from you, O Theotokos, He accepted to be described and restored the fallen image to its former state by uniting it to divine beauty. We confess and proclaim our salvation in word and images.

The Annunciation of the Most Holy Theotokos (March 25)

***Tropar** (Tone 4):* Today is the beginning of our salvation, the revelation of the eternal Mystery! The Son of God becomes the Son of the Virgin as Gabriel announces the coming of grace. Together with him let us cry to the Theotokos: Rejoice, O Full of Grace, the Lord is with you!

***Kontakion** (Tone 8):* O Victorious Leader of triumphant hosts, we your servants delivered from evil sing our grateful thanks to you, O Theotokos! As you possess invincible might, set us free from every calamity so that we may sing: Rejoice, O Unwedded Bride!

Palm Sunday
(The Sunday before Pascha)

***Tropar** (Tone 1):* By raising Lazarus from the dead before Your Passion, You confirmed the universal resurrection, O Christ God! Like the children with the palms of victory, we cry out to You, O Vanquisher of death: Hosanna in the highest! Blessed is He that comes in the Name of the Lord!

***Kontakion** (Tone 6):* Sitting on Your throne in heaven, carried on a foal on earth, O Christ God! Accept the praise of angels and the songs of children, who sing: Blessed is He that comes to recall Adam!

The Holy Pascha

The Tropar: Christ is risen from the dead, trampling down death by death and upon those in the tombs bestowing life!

The Ascension of our Lord and Saviour Jesus Christ (Forty Days after Pascha)

***Tropar** (Tone 4):* You have ascended in glory, O Christ our God, granting joy to Your disciples by the promise of the Holy Spirit. Through the blessing they were assured that You are the Son of God, the Redeemer of the world!

***Kontakion** (Tone 6):* When You fulfilled the dispensation for our sake and united earth to heaven, You ascended in glory, O Christ our God, not being parted from those who love You, but remaining with them and crying: I am with you and no one will be against you!

Holy Pentecost (Fifty Days after Pascha)

***Tropar** (Tone 8):* Blessed are You, O Christ our God, who have revealed the fishermen as most wise by sending down upon them the Holy Spirit; through them You drew the world into Your net. O Lover of man, glory to You!

***Kontakion** (Tone 8):* When the Most High came down and confused the tongues, He divided the nations; but when He distributed the tongues of fire,

He called all to unity. Therefore, with one voice, we glorify the all-holy Spirit!

All Saints
(The First Sunday after Pentecost)

***Tropar** (Tone 4):* As with fine porphyry and royal purple, Your Church has been adorned with Your martyrs' blood shed throughout all the world. She cries to You, O Christ God: Send down Your bounties on Your people, grant peace to Your habitation and great mercy to our souls!

***Kontakion** (Tone 8):* The universe offers You the God-bearing martyrs as the first-fruits of creation, O Lord and Creator. Through the Theotokos and their prayers establish Your Church in peace.

The Transfiguration of our Lord, God and Saviour Jesus Christ (August 6)

***Tropar** (Tone 7):* You were transfigured on the Mount, O Christ God, revealing Your glory to Your disciples as far as they could bear it. Let Your everlasting light shine upon us sinners! Through the prayers of the Theotokos, O Giver of Light, glory to You!

***Kontakion** (Tone 7):* On the mountain were You transfigured, O Christ God and Your disciples beheld Your glory as far as they could see it; so that when they would behold You crucified, they would understand that Your suffering was voluntary and would proclaim to the world that You are truly the Radiance of the Father!

The Falling Asleep of the Most Holy Theotokos (August 15)

***Tropar** (Tone 1):* In giving birth, you preserved your virginity! In falling asleep you did not forsake the world, O Theotokos! You were translated to life, O Mother of Life and by your prayers you deliver our souls from death!

***Kontakion** (Tone 2):* Neither the tomb nor death could hold the Theotokos, who is constant in prayer and our firm hope in her intercessions. For being the Mother of Life, she was translated to life by the One who dwelt in her virginal womb!

Supplicatory Service to the Mother of God

This service may be done in any time of sickness, sorrow or need.

Through the prayers of our holy brothers and sisters, Lord Jesus Christ our God, have mercy on us and save us. *Amen.*

Glory to You, O God, glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, everywhere present and filling all things, Treasury of Blessings and Giver of Life: come and abide in us and cleanse us from every impurity and save our souls, O Good One!

Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

SUPPLICATORY SERVICE
TO THE MOTHER OF GOD

All-holy Trinity, have mercy on us.
O Lord, cleanse us from our sins.
O Master, pardon our transgressions.
O Holy One, visit and heal our infirmities
for Your Name's sake.

Lord have mercy! *(3 times)*

Glory to the Father and to the Son and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

Our Father who art in heaven,
Hallowed be Thy Name,
Thy Kingdom come,
Thy will be done on earth as it is in heaven;
give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass against us
and lead us not into temptation
but deliver us from the Evil One.

Come let us worship God our King!
Come let us worship and fall down before Christ,
our King and our God!
Come let us worship and fall down
before Christ Himself our King and our God!

Psalm 143

Hear my prayer, O Lord; give ear to my supplications! In your faithfulness answer me, in Your righteousness! Enter not into judgment with Your servant, for no man living is righteous before You. For the enemy has pursued me; he has crushed my life to the ground; he has made me sit in darkness like those long dead. Therefore my spirit faints within me, my heart within me is appalled. I remember the days of old, I meditate on all that You have done; I muse on what Your hands have wrought. I stretch out my hands to You; my soul thirsts for You like a parched land. Make haste to answer me, O Lord! My spirit fails! Hide not Your face from me, lest I be like those who go down to the Pit. Let me hear in the morning of Your steadfast love, for in You I put my trust. Teach me the way I should go, for to You I lift up my soul. Deliver me, O Lord, from my enemies! I have fled to You for refuge! Teach me to do Your will, for You are my God! Let Your good Spirit lead me on a level path! For Your Name's sake, O Lord, preserve my life! In Your righteousness bring me out of trouble! And in Your steadfast love cut off my enemies and destroy all my adversaries, for I am Your servant.

God is the Lord

(In the 4th Tone:) God is the Lord and has revealed Himself to us! Blessed is He that comes in the Name of the Lord!

verse: O give thanks to the Lord, for He is good, for His mercy endures forever!

God is the Lord and has revealed Himself to us! Blessed is He that comes in the Name of the Lord!

verse: All nations surrounded me, but in the Name of the Lord I withstood them!

God is the Lord and has revealed Himself to us! Blessed is He that comes in the Name of the Lord!

verse: I shall not die, but I shall live and recount the deeds of the Lord!

God is the Lord and has revealed Himself to us! Blessed is He that comes in the Name of the Lord!

verse: The stone which the builders rejected has become the head of the corner. This is the Lord's doing and it is marvellous in our eyes!

Let us who are sinful and unworthy run fervently to the Mother of God. Let us fall down in repentance, crying from the depths of our souls: Help us! Have mercy on us, O Lady! We are perishing in our many sins! Do not despise your poor servants, for you are our only hope!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

We unworthy ones will not cease to proclaim your might, O Theotokos. For if you had not stood to intercede for us, who would have delivered us from so many troubles? Or who would have kept us free to this day? We will not turn from you, O Lady, for you ever deliver your servants from all distress!

Psalm 51 (50)

Have mercy on me, O God, according to Your great goodness, according to Your abundant mercy, blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin! For I know my transgressions and my sin is ever before me. Against You, You only, have I sinned and done that which is evil in Your sight, so that You are justified in Your sentence and blameless in Your

judgment. Behold, I was brought forth in iniquity and in sin did my mother conceive me. Behold, You desire truth in the inward being; therefore teach me wisdom in my secret heart. Purge me with hyssop and I shall be clean; wash me and I shall be whiter than snow. Fill me with joy and gladness; let the bones which You have broken rejoice. Hide Your face from my sins and blot out all my iniquities. Create in me a clean heart, O God and put a new and right spirit within me. Cast me not away from Your presence and take not Your Holy Spirit from me. Restore to me the joy of Your salvation and uphold me with a willing spirit. Then I will teach transgressors Your ways and sinners will return to You. Deliver me from bloodguiltiness, O God, you God of my salvation and my tongue will sing aloud of Your deliverance. O Lord, open my lips and my mouth shall show forth Your praise. For You have no delight in sacrifice; were I to give a burnt offering, You would not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, You will not despise. Do good to Zion in Your good pleasure; rebuild the walls of Jerusalem; then will You delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on Your altar.

SUPPLICATORY SERVICE TO THE MOTHER OF GOD

Canon to the Theotokos (Tone 8)

Ode 1 Irmos: Having crossed the sea as though it were dry land and escaped from the wickedness of the Egyptians, the children of Israel cried aloud: Let us sing to our Redeemer and our God!

Most holy Theotokos, save us!

Distressed by many temptations, I flee to you seeking salvation, O Mother of the Word and Virgin. Deliver me from ordeals and afflictions.

Most holy Theotokos, save us!

I am troubled by outbursts of passions and my soul has been filled with many sorrows. Soothe them, O Virgin, with the peace of your Son and God, O all-blameless one.

Glory to the Father and to the Son and to the Holy Spirit.

I implore you who gave birth to our Saviour and God, O Virgin, to deliver me from perils. For, fleeing to you for refuge, I lift up my heart and soul to you.

Now and ever and unto ages of ages. Amen.

I am ill in soul and body: grant me, O Mother of God, your divine guidance and care, for you are good and the Mother of the Good One.

Ode 3 Irmos: O Lord, Creator of the vault of heaven and founder of the Church, strengthen me in Your love, for You are our supreme desire and the support of the faithful, O only Lover of mankind.

Most holy Theotokos, save us!

I have chosen you to be the protection and intercession of my life, O Virgin Mother of God. Pilot me to your haven, O source of all blessings, O strength of the faithful, O all-praised one!

Most holy Theotokos, save us!

I pray you, O Virgin, to scatter the troubles of my soul and pacify the storms which rage within me, for you, O holy Bride and only blessed one, have given birth to Christ, the Prince of Peace.

Glory to the Father and to the Son and to the Holy Spirit.

As you gave birth to the Creator of all good things, the source of all blessings, so now let a wealth of blessings

flow upon us all; as the only-blameless one, you can do all things, for you gave birth to Christ who is mighty in battle.

Now and ever and unto ages of ages. Amen.

Help me, O Virgin, for I am surrounded by infirmity and weakness. I beseech your help, O all-blameless, one for I know you as the priceless and unfading treasury of healing.

Kathisma Hymn (Tone 2): O fervent advocate and invincible tower, fountain of mercy and refuge for all: we cry to you from the depths of our souls, O Lady Theotokos, hasten quickly to deliver us from distress, for you alone are a ready protectress.

Ode 4 Irmos: I have heard the mystery of Your dispensation, O Lord; I have considered Your works and glorified Your Godhead!

Most holy Theotokos, save us!

Still the turbulence of the passions and the storm of my sins, for you gave birth to the Lord and Pilot, O holy Bride.

Most holy Theotokos, save us!

I cry to the depths of your compassion: send your mercy upon me, O you who gave birth to the Merciful One, the Saviour of all who praise you.

Glory to the Father and to the Son and to the Holy Spirit.

Delighting in your gifts, O immaculate one, we sing a hymn of thanks, for we know you to be the Mother of God.

Now and ever and unto ages of ages. Amen.

We are delivered from all distress, O all-praised one, for we have you as our hope, our support and our unshakable tower.

Ode 5 Irmos: Enlighten us by Your commandments, O Lord and by Your uplifted arm, grant us Your peace, O Lover of mankind!

Most holy Theotokos, save us!

Fill my life with gladness, O pure one, granting me your unfading joy, for you gave birth to the source of all joy.

Most holy Theotokos, save us!

Deliver us from all distress, O pure Theotokos, who gave birth to eternal redemption, the peace which passes all understanding.

Glory to the Father and to the Son and to the Holy Spirit.

Scatter the darkness of my sins with your radiant light, O divine Bride who gave birth to the eternal Light of God.

Now and ever and unto ages of ages. Amen.

Make me worthy of your care, O pure one and heal my feeble soul. Grant me health through your intercessions.

Ode 6 Irmos: I will pour out my prayer before the Lord; I will make known to Him my sorrow, for my soul has been filled with afflictions and my life has drawn near to hell; and like Jonah I will pray: O God, raise me up from corruption!

Most holy Theotokos, save us!

My nature, held by death and corruption, was saved from both corruption and death by your Son and God who gave Himself over to death. Now, O Virgin,

intercede with Him to deliver me from the wickedness of the enemy.

Most holy Theotokos, save us!

I know you as the helper and strong protectress of my life, O Virgin, for you scatter the turbulence of the oppressor and disperse the tyranny of the demons. Thus I ceaselessly pray to you: deliver me from the corruption of my passions.

Glory to the Father and to the Son and to the Holy Spirit.

We have you as a sure fortress, O Virgin, our souls' true salvation and joy in times of sorrow. Deliver us from all passions and dangers, who ever rejoice in your radiance, O Lady.

Now and ever and unto ages of ages. Amen.

I lay infirm on a bed of pain and there is no healing for my body. I pray you, O good one who gave birth to God, the Saviour of the world and Healer of infirmities: raise me up from the corruption of suffering.

Kontakion ***(Tone 6):*** Steadfast protectress of Christians, constant advocate before the Creator, do

not despise the prayers of sinners, but in your mercy help those who call on you in faith; hasten to hear our petitions and intercede for us, O Theotokos, for you always protect those who honour you!

Prokeimenon (Tone 4): I shall cause your name to be remembered/to all generations!

Verse: Hear, O daughter, consider and incline your ear! Forget your father and your father's house!

The Gospel (Luke 1:39-49, 56)

In those days, Mary arose and went with haste into the hill country, to a city of Judah and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, "Blessed are you among women and blessed is the fruit of your womb! And why is this granted me, that the Mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord. And Mary said "My soul magnifies the Lord and my spirit rejoices in God

my Saviour, for He has regarded the low estate of His handmaiden. For behold, henceforth all generations will call me blessed; for He who is mighty has done great things for me and holy is His Name." And Mary remained with her about three months and returned to her home.

Stich** **(in the same Tone): Entrust me not to the protection which comes from man O most holy Lady, but receive the supplications of your servant. For sorrow has chained me and I cannot endure the arrows of the demons. I have no shelter, nor place to run, except you, O sovereign Lady of all the world, hope and protectress of Christians; turn not away from my prayer, but do that which will profit me.

No one who flees to you is turned away in shame, O Virgin Theotokos, but, asking for your grace, they receive all they need.

Joy of all who sorrow and intercessor of the offended, save now your servants, O Virgin Theotokos, for you are the peace of those at war, the harbour of the storm-tossed and the only protectress of the Christian people.

Ode 7 Irmos: The children of Judea who dwelt of old in Babylon trampled underfoot the flames of the

furnace by their faith in the Trinity, as they sang: Blessed are You, O God of our fathers!

Most holy Theotokos, save us!

In your desire to grant us salvation, O Saviour, You dwelt within the Virgin's womb and showed her to be the protectress of the world. Blessed are You, O God of our fathers!

Most holy Theotokos, save us!

All-pure Mother, intercede with the Lord of mercy who was born of you, that He deliver from sin and defilement of soul all those who cry with faith: blessed are You, O God of our fathers!

Glory to the Father and to the Son and to the Holy Spirit.

O Lord, You have shown the one who gave you birth to be a treasury of salvation, a fountain of cleansing, a pillar of strength and a gateway to repentance for those who cry out: blessed are You, O God of our fathers!

Now and ever and unto ages of ages. Amen.

Grant healing of bodily infirmities and remission of soul's sins to those who faithfully come to your divine shelter, O Theotokos, who gave birth to Christ the Saviour.

Ode 8 Irmos: The King of Heaven whom the hosts of angels praise, let us praise and exalt throughout all ages!

Most holy Theotokos, save us!

Turn not your face from those who need your help, O Virgin, as they sing and exalt you throughout all ages!

Most holy Theotokos, save us!

Heal the weakness of my soul and the pain which afflicts my body, O Virgin, that I may glorify you, O pure one, throughout all ages!

We bless the Lord: Father, Son and Holy Spirit!

Pour forth a wealth of healing, O Virgin, upon those who praise you in faith and exalt your indescribable birth-giving.

Now and ever and unto ages of ages. Amen.

You drive away the oppression and onslaughts of sin, O Virgin: therefore we exalt you throughout all ages!

Ode 9 Irmos: Saved through you, O pure Virgin, we confess you to be truly Theotokos and with the choirs of angels we magnify you!

Most holy Theotokos, save us!

Turn not away from the fountain of my tears, O Virgin who gave birth to Christ, He who wipes away all our tears.

Most holy Theotokos, save us!

Fill my heart with joy, O Virgin, who received in yourself the fulness of joy and who destroyed the grief of sin.

Glory to the Father and to the Son and to the Holy Spirit.

By the radiance of your light, O Virgin, illumine the darkness of ignorance and banish it from those who faithfully confess you to be Theotokos.

Now and ever and unto ages of ages. Amen.

In a place of affliction and infirmity I am brought low; heal me, O Virgin, transforming my sickness into health.

Katavasia: O cloud of radiance and Mother of God: by your powerful and sovereign arm, drive off those who fight against us, help those who are in distress, save the oppressed and absolve the sins of those who pray to you.

It is truly meet to bless you, O Theotokos, ever blessed and most pure and the Mother of our God. More honourable than the cherubim and more glorious beyond compare than the seraphim. Without defilement you gave birth to God the Word. True Theotokos, we magnify you!

Then the following in Tone 2:

Intercede for all who flee to your strong protection in faith, O good one. We sinners, burdened with a multitude of sins, have no other deliverance before God in times of need and sorrow, O Mother of the most-high God. Therefore we bow down before you: deliver us, your servants, from all distress!

I shall cause your name to be remembered in all generations!

Joy of all who sorrow and intercessor of the offended; feeder of the hungry, consolation of travellers, Harbour of the storm-tossed, visitation of the sick, protection and intercession of the infirm, staff of old age, Mother of God on high! You are the immaculate: hasten we pray and save your servants!

Hear daughter, consider and incline your ear!

Rejoice, O immaculate Virgin!
Rejoice, O honoured Scepter of Christ the King!
Rejoice, for you have raised the mystical Vine!
Rejoice, O gateway to heaven and unburnt bush!
Rejoice, O light of the world!
Rejoice, O joy of all!
Rejoice, O salvation of Christians!
Rejoice, O Lady, protectress and deliverance of the Christian people!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

(In the 8th Tone):
Rejoice, O praise of the whole world!
Rejoice, O dwelling place of the Lord!
Rejoice, O overshadowed mountain!
Rejoice, O deliverer!

Rejoice, O golden candlestick!
Rejoice, O immaculate one!
Rejoice, O glory of Christians!
Rejoice, O Mary, Mother of Christ God!
Rejoice, O paradise!
Rejoice, O sanctified table!
Rejoice, O temple!
Rejoice, O vessel of gold!
Rejoice, O joy of all!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord have mercy! *(3 times)*

Through the prayers of our holy brothers and sisters, Lord Jesus Christ our God, have mercy on us and save us. *Amen.*

An Examination of Conscience

to be made before Confession

Verse: Search me, O God and know my heart; try me and know my thoughts; and see if there be any wicked way in me and lead me in the way everlasting!

After your prayers, wait quietly in the Lord's Presence, meditate on the Law of God and ask yourself:

1st Commandment:
"I am the Lord your God; you shall have no other gods before Me."

Have I failed to trust in God? Have I grumbled against Him in adversity? Have I been thankful for His blessings? Have I neglected prayer or outward witness to my faith for fear of ridicule? Do I realize that all I possess is from God? Have I failed to be regular and fervent in my prayers? Do I let my mind

wander to earthly things during prayer? Have I failed to fast properly or received the Holy Mysteries of the Church without due preparation? Have I failed to read the Holy Scriptures regularly and with due attention and reverence?

2nd Commandment: "You shall not make for yourself any graven image."

Do I make idols of anything on earth, idolizing money, career, family or friends? Do I worship myself? Do I make idols of my own opinions? Do I seek after status, authority, prestige? Do I acknowledge my spiritual poverty, humbling myself before God's Wisdom?

3rd Commandment: "You shall not take the Name of the Lord your God in vain."

Have I used the Name of Christ God as a curse? Have I promised something and not performed it? Have I spoken idly? Have I told or listened with approval to profane jokes or conversation?

4th Commandment: "Remember the Sabbath day to keep it holy."

Have I stayed away from Church due to laziness or busyness in the things of the world? Have I kept the fasts and feasts of the Church? Do I desire to increase in righteousness and please the Lord? Do I do any spiritual exercises to grow in the Faith? Do I strive to help out in the Church?

5th Commandment: "Honour your father and mother."

Do I strive to honour and serve my parents and other members of my family? Have I deceived them or hurt them by my words or actions? Have I strived to set a good example for them? Have I tried to love my children, being patient with them in love and discipline? Have I over-indulged or spoiled them? Have I neglected my god-children, forgetting to pray for them? Have I worked hard and honestly with my employer and fellow-workers? Have I treated my employees fairly as I would be treated? Do I show proper reverence for all in authority, in the Church and in the world, praying daily for them? Do I fulfill my civic duties? Do I involve myself as I should in human affairs or do I take the easy way out of non-involvement? Do I flee societal responsibility and go along with things that are wrong out of fear or laziness?

6th Commandment: "You shall not murder."

Have I caused injury or death, by carelessness or design? Have I procured an abortion or helped procure one for another or given tacit approval of it? Have I hated my brother in my heart? Have I been cruel to another? Have I rebuked another in anger or cursed another? Have I lost my temper? Have I been impatient? Do I look for fights or arguments? Do I use violence, threats or bullying to get my way? Do I delight in peace and seek for reconciliation with all? Have I mistreated animals? Do I take advantage of the weak and those not able to answer me back? Do I intimidate others or use coercion? Do I lord it over others? Am I petty and small and picky over trifles? Do I bless those who curse me and pray for those who abuse me? Do I forgive and embrace those who have sinned against me? Do I judge others for their sins while my own sins are countless? Do I prefer strict judgment over mercy?

7th Commandment: "You shall not commit adultery."

Have I committed adultery or fornication? Have I been sexual with anyone other than my spouse? Have I delighted in and entertained immoral thoughts and

fantasies? Have I used pornographic or inappropriate material or seen such movies? Have I given myself over to lust? Have I been intemperate in my appetites? Have I eaten, drunk or slept too much? Have I been responsible and temperate in the use of wine and alcohol? Have my actions caused a brother to stumble in any way? Have I allowed anything else to have more control over me than I have over it?

8*th Commandment:* "You shall not steal."

Have I stolen anything or planned to do so? Have I defrauded anyone of anything? Have I tried to restore lost things to their owners when I found them? Do I cheat when I can get away with it? Do I pay my debts promptly? Have I given alms to the poor? Have I turned away a poor man when he came to me for help? Do I try to use my wealth to do good and alleviate suffering?

9*th Commandment:* "You shall not bear false witness."

Have I told lies or spoken so as to deceive? Have I divulged secrets and betrayed confidences? Have I helped anyone to deceive? Have I gossiped or listened

to gossip? Have I slandered another? Have I said things, which, though true, do not need to be said? Have I tried to see the good in others, rather than their short-comings?

10*th Commandment:* "You shall not covet anything that is your neighbour's."

Have I coveted my neighbour's good fortune, wealth, family, job or position? Have I been envious of his physical, spiritual or intellectual gifts? Have I destroyed anything that was his? Have I hoped for his downfall or his humiliation? Have I been discontented with my lot? Do I complain and whine? Have I been jealous? Have I been moody, grouchy, irritable, anxious or pessimistic? Have I rejoiced in the goodness of God and praised Him for all His gifts to me? Do I trust that God will take care of me and my needs?

Prayers in Preparation for Holy Communion

Through the prayers of our holy brothers and sisters, Lord Jesus Christ our God, have mercy on us and save us. *Amen.*

Glory to You, O God, glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, everywhere present and filling all things, Treasury of Blessings and Giver of Life: come and abide in us and cleanse us from every impurity and save our souls, O Good One!

Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us.
O Lord, cleanse us from our sins.

O Master, pardon our transgressions.
O Holy One, visit and heal our infirmities
for Your Name's sake.

Lord have mercy! *(3 times)*

Glory to the Father and to the Son and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

Our Father who art in heaven,
Hallowed be Thy Name,
Thy Kingdom come,
Thy will be done on earth as it is in heaven;
give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass against us
and lead us not into temptation
but deliver us from the Evil One.

Come let us worship God our King!
Come let us worship and fall down before
Christ, our King and our God!
Come let us worship and fall down before
Christ Himself our King and our God!

Psalm 23 (22)

The Lord is my Shepherd, I shall not want; He makes me lie down in green pastures. He leads me beside still waters; He restores my soul. He leads me in paths of righteousness for His Name's sake. Even though I walk through the valley of the shadow of death, I fear no evil; for You are with me; Your rod and Your staff, they comfort me. You prepare a Table before me in the presence of my enemies; You anoint my head with oil; most excellent is Your Cup which brings me joy! Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord forever!

Psalm 24 (23)

The earth is the Lord's and the fulness thereof, the world and those who dwell therein; for He has founded it upon the seas and established it upon the rivers. Who shall ascend the hill of the Lord? And who shall stand in His holy place? He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully. He will receive blessing from the Lord and vindication from the God of his salvation. Such is the generation of those who seek Him, who seek the face of the God of

Jacob. Lift up your heads, O gates! and be lifted up, O ancient doors! that the King of Glory may come in. Who is the King of glory? The Lord, strong and mighty, the Lord, mighty in battle! Lift up your heads, O gates! and be lifted up, O ancient doors! that the King of Glory may come. Who is this King of Glory? The Lord of Hosts, He is the King of Glory!

Psalm 116 (115)

I kept my faith, even when I said "I am greatly afflicted"; I said in my consternation, "Every man is a liar." What shall I render to the Lord for all His bounty to me? I will lift up the Cup of Salvation and call on the Name of the Lord. I will pay my vows to the Lord in the presence of all His people. Precious in the sight of the Lord is the death of His saints. O Lord, I am Your servant; I am Your servant, the son of Your handmaid. You have loosed my bonds. I will offer to You the Sacrifice of Thanksgiving and call on the Name of the Lord. I will pay my vows to the Lord in the presence of all His people, in the courts of the house of the Lord, in your midst, O Jerusalem.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Alleluia! Alleluia! Alleluia! Glory to You, O God! *(3 times)*

Disregard my iniquities, O Lord, born of a Virgin! Cleanse my heart and make it a temple of Your most pure Body and Blood. Turn me not away from Your countenance, for Your great mercy is immeasurable!

Glory to the Father and to the Son and to the Holy Spirit.

How dare I partake of Your holiness in my unworthiness? Even if I dare to approach You with the worthy, my garment accuses me, for it is not a wedding-garment and I secure the condemnation of my most sinful soul. Cleanse, O Lord, the defilement of my soul and save me, for You are the Lover of mankind.

Now and ever and unto ages of ages. Amen.

Great is the multitude of my sins, O Theotokos! I come to you, O Pure One, in need of salvation. Visit my ailing soul, O you who alone are blessed and pray to your Son and our God that He absolve the evil I have done.

On Great and Holy Thursday, the following Tropar in Tone 8 is used instead:

When the glorious disciples were enlightened at the washing of their feet before the Supper, then the

impious Judas was darkened, ailing with avarice and to the lawless judges he betrayed You, the Righteous Judge. Behold, O lover of money, this man who, because of money, hanged himself. Flee from the greedy soul which dared such things against the Master. O Lord who are good towards all men, glory to You!

Pre-Communion Canon
(Tone 2)

Ode 1 Irmos: Come, O people, let us sing a song to Christ God who divided the sea and led the people whom He delivered from Egyptian slavery, for He has been greatly glorified!

Create in me a clean heart, O God and put a new and right spirit within me.

May Your holy Body and precious Blood be the food of eternal life for me, O merciful Lord and the healing of all my pains.

Cast me not away from Your presence and take not Your Holy Spirit from me.

Though I am unworthy, O Master, grant that with faith and love I may worthily eat Your most pure Body and drink Your precious Blood.

Glory to the Father and to the Son and to the Holy Spirit.

Stained by my wicked deeds and wretched, I am unworthy to partake of Your most pure Body and Your divine Blood; but make me worthy of them, O Christ.

Now and ever unto ages of ages. Amen.

O divine, good and blessed Bride, who brought forth fruit from an untilled land for the redemption of the world, make me worthy to partake of it for my salvation.

Ode 3 Irmos: You have set me up on the rock of faith and given me strength over my enemies; thus my spirit rejoices as I sing: There is none holy as our God and none righteous but You, O Lord!

Create in me a clean heart, O God and put a new and right spirit within me.

Grant me the water of tears, O Christ, that I may wash the filth from my heart; thus cleansed and with a

pure conscience, O Master, I shall fearfully approach the communion of Your Gifts with faith.

Cast me not away from Your presence and take not Your Holy Spirit from me.

May Your divine and pure Body and Blood be for the remission of my sins, for communion of the Holy Spirit and for eternal life, O Lover of mankind and for my deliverance from pain and need.

Glory to the Father and to the Son and to the Holy Spirit.

O Lord, grant me to partake without condemnation of Your pure Body and Your precious Blood that I may glorify Your righteousness.

Now and ever unto ages of ages. Amen.

O Pure One, altar of the Bread of Life who descended from on high and in His mercy gave new life to the world: grant me, the unworthy one, to taste of this and live.

Kathisma Hymn (Tone 8): May my receiving of Your immaculate and life-creating Mysteries, O Saviour, be as fire and light for me, burning up the chaff of my sins and enlightening me to proclaim the true God; for I will

not give Your holy things to the deceiving enemy, neither will I kiss You in deceit, but like the sinful woman will I fall down before you and confess You as the thief, crying out: Remember me, O Lord in Your Kingdom!

Ode 4 Irmos: You have come from a Virgin, not as an ambassador nor an angel but as the Lord Himself incarnate; to me a human You have brought salvation. So I cry to You: Glory to Your power, O Lord!

Create in me a clean heart, O God and put a new and right spirit within me.

You were incarnate, O Merciful One, and voluntarily sacrificed Yourself as a lamb for our sins; therefore I beseech You: cleanse me of my iniquities!

Cast me not away from Your presence and take not Your Holy Spirit from me.

Heal the wounds of my soul, O Lord; sanctify my whole being, O Master and grant me, the wretched one, to be a partaker of Your divine and mystical Supper.

Glory to the Father and to the Son and to the Holy Spirit.

Let us stand with fear and trembling, fixing the eyes of our hearts on high and crying to the Saviour: Strengthen us and make us wise in Your fear, O merciful Lord.

Now and ever unto ages of ages. Amen.

May He whom you carried in your womb, O Lady, show His mercy to me through your intercessions and keep me, your servant, undefiled and blameless so that I may be sanctified by receiving within myself the spiritual Pearl.

Ode 5 Irmos: O Lord, bestower of light and Creator of the ages, direct us in the light of Your commandments, for we know no other God but You!

Create in me a clean heart, O God and put a new and right spirit within me.

O Christ, dwell within Your humble servant according to Your Word and remain in me as You promised; for behold, I eat Your divine Body and drink Your Blood.

Cast me not away from Your presence and take not Your Holy Spirit from me.

O God, Word of God, may the coal of Your Body be enlightenment for me, the darkened one and may Your Blood be for the cleansing of my filthy soul.

Glory to the Father and to the Son and to the Holy Spirit.

Defiled as I am in soul and with unclean lips, I dare not approach You, O Christ, but grant that I may be worthy to receive Your holy Body.

Now and ever unto ages of ages. Amen.

O Mary, Mother of God, precious dwelling place of the Sweet Fragrance, through your intercessions make me a chosen vessel and a partaker of the holy Mysteries of your Son.

Ode 6 Irmos: Compassed about in the depths of sin, I entreat the unfathomable depths of Your compassion: bring me out of corruption, O Lord!

Create in me a clean heart, O God and put a new and right spirit within me.

Sanctify my mind, soul, heart and body, O Saviour and make me worthy without condemnation to approach Your fearful Mysteries, O Master.

Cast me not away from Your presence and take not Your Holy Spirit from me.

Through the communion of Your holy Mysteries, may I become a stranger to passion, increase in grace and be confirmed in life, O Christ.

Glory to the Father and to the Son and to the Holy Spirit.

With fear and trembling, let us all approach the divine Mysteries of Christ and receive His true and holy Body and His true, holy and precious Blood.

Now and ever unto ages of ages. Amen.

O God, holy Word of God, sanctify me entirely through the prayers of Your holy Mother as I come to Your divine Mysteries.

Kontakion (Tone 2): Do not reject me, O Christ, as I receive the Bread which is Your Body and Your divine Blood; but may the communion of Your pure and fearful Mysteries, O Master, not be for my judgment, wretch that I am, but for eternal and immortal life.

Ode 7 Irmos: The three youths scorned the godless command and would not worship the golden statue

in the plain of Dura. Thrown into the midst of the flames, they sang refreshed "Blessed are You, O God of our fathers!"

Create in me a clean heart, O God and put a new and right spirit within me.

May the communion of Your immortal Mysteries, O Christ be now for me a fountain of goodness, light, life and passionlessness and as an intercession for the increase of Your divine good things, that I may glorify You, O only Good One.

Cast me not away from Your presence and take not Your Holy Spirit from me.

Deliver me from passion, enemies, need and danger, O Lover of mankind, for with trembling, love and humility I draw near to Your immortal and divine Mysteries, singing to You: Blessed are You, O God of our fathers!

Glory to the Father and to the Son and to the Holy Spirit.

O my wretched and passionate soul, stand in fear at beholding the most glorious Mysteries. With sighs weep, beat your breast and cry out, saying "Lord, cleanse me who am full of lust!"

Now and ever unto ages of ages. Amen.

O most Pure One, full of divine grace who gave birth incomprehensibly to the Saviour Christ, I your unclean servant, pray to you: cleanse me from all stain of body and soul as I now draw near to the immaculate Mysteries.

Ode 8 Irmos: God descended to the Hebrew youths in the flaming furnace, changing the fire into dew. Praise Him all His works and exalt Him as Lord unto all ages!

Create in me a clean heart, O God and put a new and right spirit within me.

Grant me, who am without hope, to partake of Your heavenly, fearful and holy Mysteries, O Christ and of Your divine and mystical Supper, O God my Saviour.

Cast me not away from Your presence and take not Your Holy Spirit from me.

I run to Your mercy, O Good One, and fearfully cry out to You: abide in me, O Saviour and let me abide in You, as You have said; for behold, trusting in Your mercy, I eat Your Body and drink Your Blood.

We bless the Lord: Father, Son and Holy Spirit!

I tremble at receiving Fire. May I not ignite as hay and wax. O terrifying Mystery! O the mercy of God! How can I who am earthly partake of the divine Body and Blood and become incorruptible?

Now and ever and unto ages of ages. Amen.

O Mother of God, the divine Bread of Life truly ripened in your womb and preserved it untouched and blameless. Therefore we eternally praise you who nourish us.

Ode 9 Irmos: The Son of the eternal Father, God the Lord incarnate of the Virgin, has appeared to us to give light to those in darkness and to gather those who had gone astray. So we magnify you, O Theotokos.

Create in me a clean heart, O God and put a new and right spirit within me.

O taste and see how good the Lord is; for long ago He became like us for our sakes and at once offered Himself as a sacrifice to His Father. He is ever sacrificed, sanctifying those who partake of Him.

Cast me not away from Your presence and take not Your Holy Spirit from me.

May I be sanctified in soul and body, O Master; may I be enlightened; may I be saved; may I be Your dwelling place through partaking of the holy Mysteries, that You may abide in me together with the Father and the Spirit, O most merciful Creator of all good.

Glory to the Father and to the Son and to the Holy Spirit.

May Your precious Body and Blood be as fire and light to me, O my Saviour, burning my sin and devouring the thorns of passion, enlightening me totally that I may worship Your divinity.

Now and ever and unto ages of ages. Amen.

God was incarnate from your pure blood, O Lady. Therefore we and all generations praise you and the hosts of angels glorify you for they have seen the Master of all assume human nature through you.

Lord have mercy! *(40 times)*

When you intend, O man, to eat the Master's Body, approach with fear, lest you be burned –– for It is fire!

Before drinking the divine Blood in Communion, make peace with those who have grieved you. Only then may you dare to eat the Mystical Food.

Before partaking of the Dread Sacrifice, the life-giving Body of the Master, pray trembling in this manner:

A Prayer of St. Basil the Great

O Lord and Master Jesus Christ our God, the fountain of life and immortality, the Creator of everything visible and invisible, the eternal and everlasting Son of the eternal Father: You have come in these latter days because of the abundance of Your goodness, You have put on our human flesh and were crucified and buried for us thankless and graceless men and through Your own Blood You have renewed our human nature which is corrupted by sin. And now O Immortal King, accept the repentance of me a sinner and incline Your ear to me and listen to my words:

I have sinned, O Lord, I have sinned before heaven and before Your Face and I am not worthy to look upon the height of Your glory. I have provoked Your goodness, I have transgressed Your commandments, I have not obeyed Your statutes.

But, O Lord, since You do not remember evil but are long-suffering and of great mercy, You have not given me over to destruction for my lawlessness, but have ever awaited my conversion.

O Lover of men, You have said by Your prophets: "I have no pleasure in the death of the wicked, but that the wicked turn from his way and live."

For You do not wish, O Master that the work of Your hands should perish, neither do You take pleasure in the destruction of men, but You desire that all men should be saved and come to the knowledge of the truth.

Therefore, although I am unworthy both of heaven and of earth and of this passing life, having wholly yielded myself to sin and defiled Your image, yet being Your creature and of Your making, I do not despair of my salvation in my wretchedness. But made bold by Your infinite compassion, I draw near.

Receive me, O Christ, the Lover of all men, as You received the prostitute, the thief, the tax-collector and the prodigal. Take away the heavy burden of my sins, for You take away the sins of the world; You heal the infirmities of men, You call to Yourself and give rest to those who labour and are heavy-laden.

You have not come to call the righteous, but sinners to repentance. Cleanse me from every stain of flesh and spirit. Teach me to fulfil holiness in fear of You, that having the testimony of my own conscience clean and having communion of Your holy things, I may be united with Your Body and Blood and may have You to dwell and abide in me, with the Father and Your Holy Spirit.

O Lord Jesus Christ my God, may the communion of Your most pure and life-creating Mysteries not bring me into judgment, nor may I become weak in soul and body by partaking in an unworthy manner, but grant me to receive communion of Your holy things without condemnation even to my very last breath and by them to receive communion of the Holy Spirit, provision for the journey of eternal life and an acceptable answer at Your dread Judgment Seat; that I, together with all Your chosen ones, may also be a partaker of the incorruptible blessings which You have prepared for those who love You, O Lord, in whom You are glorified forever. *Amen.*

A Prayer of St. John Chrysostom

O Lord my God, I know that I am not worthy nor sufficiently pleasing that You should come under the roof of the house of my soul, for it is entirely

desolate and fallen in ruin and You will not find in me a place worthy to lay Your head. But as You humbled Yourself from on high for our sake, so now humble Yourself to my lowliness. As You deigned to lie in a cavern, in a manger of dumb beasts, so now deign to enter into the manger of my beastly soul and into my soiled body. As You did not disdain to enter and to eat with sinners in the house of Simon the leper, so now be pleased to enter into the house of my soul, humble and leprous and sinful. As You did not cast away the sinful woman who came to touch You, so have compassion on me a sinner who comes to touch You. As You did not abhor the kiss of her sin-stained and unclean mouth, do not abhor my mouth, worse stained and more unclean than hers, nor my stained and shamed and unclean lips, nor my still more impure tongue. But let the fiery coal of Your most pure Body and Your most precious Blood bring me sanctification, enlightenment and strengthening of my lowly soul and body, relief from the burden of my many transgressions, protection against every action of the devil, repulsion and victory over my wicked and evil habits, mortification of my passions, accomplishment of Your commandments, increase of Your divine grace and inheritance of Your Kingdom. For I do not come to You in presumption, O Christ my God, but made bold by Your inexpressible goodness, lest I stray far

away from Your flock, O Master and become caught by the wolf of souls. Therefore I pray You, O Master, for You alone are holy: sanctify my soul and body, my mind and heart, my muscles and bones. Renew me entirely. Implant Your fear in my fleshly members and let Your sanctification never be removed from me. Be my helper and defender, guide my life in peace and make me worthy to stand at Your right hand with all Your saints. By the prayers and supplications of Your most pure Mother, of Your spiritual servants, the most pure angelic powers and of all the saints who have been well-pleasing to You. *Amen.*

A Prayer of St. Simeon the Translator

O only pure and incorruptible Lord, because of the unspeakable mercy of Your love for mankind, You took to Yourself our entire human composition from the pure blood of the Virgin who gave birth to You beyond nature, by the descent of the Holy Spirit and the good-will of the ever-existing Father.

O Christ Jesus, Wisdom of God and Peace and Power, through the human nature which You took to Yourself, You suffered the life-creating and saving Passion: the Cross, the nails, the spear, death itself. Put to death in me the soul-destroying passions of the body.

Through Your Burial You captured the kingdom of death. Bury in me the evil devices of the devil with good thoughts and destroy the spirits of evil.
Through Your life-bringing Resurrection You raised up the first father who had fallen. Raise me up who am sunk down in sin and give me the image of repentance.

Through Your glorious Ascension You made the flesh which You assumed to be divine and placed it on the throne at the Father's right hand. Grant me to receive a place at the right hand with the saved through the communion of Your holy Mysteries.

Through the coming of Your Spirit, the Comforter, You made Your consecrated disciples to be honourable vessels. Show me also to be the receptacle of His coming.

You promised to come again to judge the world in righteousness. Grant that I may go to meet You in the clouds, my Judge and Creator, with all Your saints; that I may glorify and praise You without end, together with Your Father who is without beginning and Your most holy, good and life-creating Spirit, now and ever unto ages of ages. *Amen.*

PRAYERS IN PREPARATION FOR HOLY COMMUNION

A Prayer of St. John of Damascus

O Lord and Master Jesus Christ our God, who alone have power to absolve men from their sins, for You are good and the lover of all men: forgive all my transgressions done in knowledge or in ignorance and make me worthy without condemnation to have communion of Your divine and glorious and pure and life-creating Mysteries. Let them not be for my punishment or for the increase of my sins. But let them be for my purification and sanctification, as a promise of the life and Kingdom to come, a defence and a help and a repulsion of every evil attacker and the removal of my many transgressions. For You are a God of mercy and generosity and love for mankind and to You we send up glory, with the Father and the Holy Spirit, now and ever and unto ages of ages. *Amen.*

A Prayer of St. Basil the Great

I know, O Lord, that I have communion unworthily of Your most pure Body and Your most precious Blood and that I am guilty and drink condemnation to myself not discerning Your Body and Blood, O my Christ and God. But daring upon Your generous lovingkindness I come to You who said "He who eats

My Flesh and drinks My Blood abides in Me and I in him." Be merciful, therefore, O Lord, and do not rebuke me, a sinner, but deal with me according to Your mercy and let Your holy things be for my purification and healing, for enlightenment and protection, for the repulsion of every tempting thought and action of the devil which works spiritually in my fleshly members. Let them be for boldness and love for You, for the correction and grounding of my life, for the increase of virtue and perfection, for the fulfillment of Your commandments, for the communion of the Holy Spirit, for the journey of eternal life, for a good and acceptable answer at Your dread Judgment, but not for judgment or condemnation. *Amen.*

A Prayer of St. Simeon the New Theologian

From lips defiled and a vile heart, from an impure tongue and soul defiled receive my prayer, O my Christ and do not despise my words, my appearance nor my shamelessness. Grant me the boldness, my Christ, to say what I desire. Even more-- teach me what to do and say. I have sinned more than the harlot who, on learning where You were, brought myrrh and came boldly to anoint Your feet, my God, my Master and my Christ. As You did not turn her away when she came with her heart, so O Word,

turn me not away but give me Your feet to hold, to kiss and to anoint boldly with a stream of tears as a precious ointment. Wash me with my tears, O Word and cleanse me with them! Remit my transgressions and grant me forgiveness. You know the multitude of my evil, You know also my wounds! You see my scars, You know also my faith! You see my intentions and hear my sighs. Nothing is hidden from You, my God, my Maker, my Redeemer-- not even a tear-drop or part of that drop. Your eyes have seen that which I have not yet done. You have inscribed in Your book things yet to happen. See my humility! See each of my labours and all of my sins! Absolve me, O God of all, that with a pure heart, trembling thoughts and a contrite soul I may partake of Your undefiled and most holy Mysteries which enliven and deify all who partake of them with a pure heart. You have said, O Master "Whoever eats My Body and drinks My Blood abides in Me and I in him". True is every word of my Master and God! When I partake of Your divine and deifying grace, I am no longer alone-- I am with You, my Christ, the Light of the Triple Sun which enlightens the world. May I not remain alone -- without You, O Life-giver, my Breath, my Life and my Joy, the salvation of the world. I approach You, therefore, with tears, as You see and with a contrite soul. I beg to receive deliverance from my sins. May I

partake uncondemned of Your life-giving and spotless Mysteries, that You may abide, as You said, with me, the thrice-wretched. May the tempter not find me without Your grace and seize me deceitfully and lead me, deceived, from Your deifying words. Therefore I fall down before You and fervently cry: as You received the prodigal and the harlot who came to You, O Gracious One, receive me, prodigal and defiled. With a contrite soul I approach You now. I know, O Saviour, that no one has sinned against You as I have, nor done the deeds that I have done. But I also know that neither the greatness of my transgressions, nor the multitude of my sins surpass the great patience of my God and His extreme love for mankind. Through Your merciful compassion You cleanse and brighten those who repent with fervor, making them partakers of Light and full communicants of Your Divinity. To the astonishment of angels and human minds, You converse with them often as with Your true friends. This makes me bold, my Christ, this gives me wings! Emboldened by the wealth of Your generosity towards us, with both joy and trepidation, I who am grass partake of fire. O strange wonder! I am sprinkled with dew and am not burned, as the bush burned of old without being consumed. With grateful thoughts and a grateful heart, with my grateful members, my

soul and my body, I now fall down and worship and glorify You, my God, for blessed are You, now and forever. *Amen.*

A Prayer of St. John Chrysostom

O God, absolve, remit and pardon me my transgressions -- as many sins as I have committed by word or action or thought, willingly or unwillingly, consciously or unconsciously; forgive me everything since You are good and the lover of mankind. And by the prayers of Your most pure Mother, of Your spiritual servants, the holy angelic powers and all the saints, who from all ages have been well-pleasing to You, be pleased to allow me to receive Your most pure Body and Your most precious Blood for the healing of my soul and body and the purification of my evil thoughts. For Yours is the Kingdom and the power and the glory, with the Father and the Holy Spirit, now and ever and unto ages of ages. *Amen.*

Another Prayer of St. John Chrysostom

I am not worthy, Master and Lord, that You should enter under the roof of my soul; yet inasmuch as You desire to live in me as the Lover of mankind,

I approach with boldness. You have commanded: Let the doors be opened which You alone have made and You shall enter with Your love for mankind just as You are.

You shall enter and enlighten my darkened reasoning. I believe that You will do this. For You did not cast away the prostitute who came to You with tears, neither did You turn away the tax-collector who repented, nor did You reject the thief who acknowledged Your Kingdom, nor did You forsake the repentant persecutor, the Apostle Paul, even as he was. But all who came to You in repentance You united to the ranks of Your friends, who alone are blessed forever, now and unto the endless ages. *Amen.*

Another Prayer of St. John Chrysostom

O Lord Jesus Christ my God, absolve, loose, cleanse and forgive me Your sinful and useless and unworthy servant my errors, transgressions and sinful failings as many as I have committed, from my youth up to this present day and hour, consciously and unconsciously, in words or actions or reasonings, thoughts, pursuits and in all my senses. By the prayers of Your Mother, the most pure and ever-Virgin Mary

who gave birth to You without human seed, my only hope which will not put me to shame, my intercessor and salvation, grant me to have communion without condemnation of Your most pure, immortal, life-creating and awesome Mysteries; for the remission of sins and unto life everlasting; for sanctification, enlightenment, strength, healing and health of soul and body; for the most perfect removal and destruction of my evil thoughts and reasonings and intentions, fantasies by night, brought by dark and evil spirits; for Yours is the Kingdom and the power and the glory and the honour and the worship, with the Father and Your Holy Spirit, now and ever and unto ages of ages. *Amen.*

A Prayer of St. John of Damascus

I stand before the doors of Your temple and I do not forsake my wicked thoughts. But, O Christ my God, as You justified the tax-collector and had mercy on the woman of Canaan and opened the gates of paradise to the thief, open to me the interior depths of Your love for mankind and receive me as I come and repent before You. Receive me as You received the sinful woman and the woman with the flow of blood. For the first embraced Your most pure feet and received the forgiveness of her sins and the second

just touched the hem of Your garment and received healing. But I who am lost, daring to receive Your whole Body, may I not be burned, but receive me as You received them and enlighten my spiritual senses, burning up my spiritual faults by the prayers of her who gave birth to You without human seed and of the heavenly angelic powers, for You are blessed unto ages of ages. *Amen.*

Another Prayer of St. John Chrysostom

I believe, O Lord, and I confess that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am first. I believe also that this is truly Your own most pure Body and that this is truly Your own precious Blood. Therefore I pray You: have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, committed in knowledge or in ignorance. And make me worthy to partake without condemnation of Your most pure Mysteries for the remission of my sins and unto life everlasting. *Amen.*

PRAYERS IN PREPARATION FOR HOLY COMMUNION

As you approach to partake, say silently the following verses from St. Simeon the Translator:

Behold, I draw near to the Divine Communion.
Burn me not as I partake, O Creator, for You are a Fire which burns the unworthy. Rather, cleanse me of all defilement.

Of Your Mystical Supper, O Son of God, accept me today as a communicant, for I will not speak of Your Mystery to Your enemies, neither like Judas will I give You a kiss, but like the thief will I confess You: Remember me, O Lord, in Your Kingdom.

Be awed, O man, when you see the deifying Blood. It is a Fire which burns the unworthy! The Divine Body both deifies and nourishes me. It deifies the spirit and wondrously nourishes the mind.

With love have You drawn me, O Christ and with Your divine love have You changed me. Burn away my sins with a spiritual Fire and satisfy me with joy in You, that I may joyfully magnify Your two Comings, O Good One.

How shall I, who am unworthy, enter into the radiance of Your saints? If I dare to enter the bridal-chamber, my garment accuses me, for it is not a wedding-

garment and the angels will bind me and cast me out. Cleanse, O Lord, the filth of my soul and save me, O Lover of mankind.

O Master, Lover of mankind! O Lord Jesus Christ my God! May these holy things not be to my condemnation, though I am unworthy of them. May they be for the cleansing and sanctification of my soul and body and a pledge of the life and Kingdom that are to come.

It is good for me to cleave to God and to place in the Lord the hope of my salvation.

Of Your Mystical Supper, O Son of God, accept me today as a communicant, for I will not speak of Your Mystery to Your enemies, neither like Judas will I give You a kiss, but like the thief will I confess You: Remember me, O Lord, in Your Kingdom.

Prayers in Thanksgiving for Holy Communion

Glory to You, O God! *(3 times)*

I thank You, O Lord my God, for You have not rejected me, a sinner, but have made me worthy to be a partaker of Your holy things. I thank You, for You have permitted me, the unworthy, to commune of Your most pure and heavenly Gifts. But, O Master and Lover of mankind, who for our sakes died and rose again and gave us these awesome and life-creating Mysteries for the good and sanctification of our souls and bodies; let them be for the healing of soul and body, the repelling of every adversary, the illumining of the eyes of my heart, the peace of my spiritual powers, a faith unashamed, a love unfeigned, the fulfilling of wisdom, the observing of Your commandments, the receiving of Your divine grace and the attaining of Your Kingdom. Preserved by them in Your holiness, may I always remember Your

grace and live not for myself alone, but for You, our Master and Benefactor. May I pass from this life in the hope of eternal life and so attain to the everlasting rest where the voice of those who feast is unceasing and the gladness of those who behold the goodness of Your countenance is unending. For You are the true desire and the unspeakable joy of those who love You, O Christ our God and all creation sings Your praise forever. *Amen.*

A Prayer of St. Basil the Great

O Master Christ our God, King of the ages, Maker of all things: I thank You for all the good things You have given me, especially for the communion with Your most pure and life-creating Mysteries. I pray You, O gracious Lover of man, preserve me under Your protection, beneath the shadow of Your wings. Enable me, even to my last breath, to partake worthily and with a pure conscience of Your holy things, for the remission of sins and unto life eternal. For You are the Bread of Life, the Fountain of Holiness, the Giver of all Good and to You we ascribe glory, with the Father and the Holy Spirit, now and ever and unto ages of ages. *Amen.*

PRAYERS OF THANKSGIVING FOR HOLY COMMUNION

A Prayer of St. Simeon the Translator

Freely You have given me Your Body for my food, O You who are a Fire consuming the unworthy. Consume me not, O my Creator, but instead enter into my members, my veins, my heart. Consume the thorns of my transgressions. Cleanse my soul and sanctify my reasonings. Make firm my knees and body. Illumine my five senses. Nail me to the fear of You. Always protect, guard and keep me from soul-destroying words and deeds. Cleanse me, purify me and adorn me. Give me understanding and illumination. Show me to be a temple of Your One Spirit and not the home of many sins. May every evil thing, every carnal passion, flee from me as from a fire as I become Your Tabernacle through communion. I offer You as intercessors all the saints: the Leaders of the bodiless hosts, Your Forerunner, the wise Apostles and Your pure and blameless Mother. Accept their prayers in Your love, O my Christ and make me, Your servant, a child of the light. For You are the only Sanctification and Light of our souls, O Good One and to You, our Master and God, we ascribe glory day by day. *Amen.*

Another Prayer

O Lord Jesus Christ our God: let Your holy Body be my eternal life; Your precious Blood, my remission of sins. Let this Eucharist be my joy, health and gladness. Make me, a sinner, worthy to stand on the right hand of Your glory at Your awesome Second Coming, through the prayers of Your most pure Mother and of all the saints. *Amen.*

A Prayer to the Theotokos

O most holy Lady Theotokos, the light of my darkened soul, my hope, my protection, my refuge, my rest and my joy. I thank you, for you have permitted me, the unworthy, to be a partaker of the most pure Body and precious Blood of Your Son. Give the light of understanding to the eyes of my heart, you that gave birth to the True Light. Enliven me who am deadened by sin, you that gave birth to the fountain of immortality. Have mercy on me, O loving Mother of the merciful God. Grant me compunction and contrition of heart, humility in my thoughts and a release from the slavery of my own reasonings. And enable me, even to my last breath, to receive the sanctification of the most pure Mysteries, for the healing of soul and body. Grant me tears of

repentance and confession, that I may glorify you all the days of my life, for you are blessed and greatly glorified forever. *Amen.*

Lord now let Your servant depart in peace, according to Your Word. For my eyes have seen Your salvation which You have prepared before the face of all peoples: a light to enlighten to Gentiles and to be the glory of Your people Israel.

Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us.
O Lord, cleanse us from our sins.
O Master, pardon our transgressions.
O Holy One, visit and heal our infirmities
for Your Name's sake.

Lord have mercy! *(3 times)*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father who art in heaven,
Hallowed be Thy Name,
Thy Kingdom come,
Thy will be done on earth as it is in heaven;
give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass against us
and lead us not into temptation
but deliver us from the Evil One.

At the Liturgy of St. John Chrysostom:

Grace shining forth from your lips like a beacon has enlightened the universe. It has shown to the world the riches of poverty. It has revealed to us the heights of humility. Teaching us by your words, O Father John Chrysostom, intercede before the Word, Christ our God, to save our souls.

Glory to the Father and to the Son and to the Holy Spirit.

You were revealed as the sure foundation of the Church, granting all men a lordship which cannot be taken away, sealing it with your precepts, O venerable and heavenly father.

Now and ever and unto ages of ages. Amen.

Steadfast Protectress of Christians! Constant Advocate before the Creator! Do not despise the prayers of sinners, but in your mercy help those who call on you in faith. Hasten to hear our petitions and intercede for us, O Theotokos, for you always protect those who honour you.

At the Liturgy of St. Basil the Great:

Your proclamation has gone out into all the earth, for it was divinely taught by hearing your voice. You expounded the nature of creatures and ennobled the manners of men. O holy father of royal priesthood, entreat Christ God that our souls may be saved.

Glory to the Father and to the Son and to the Holy Spirit.

You were revealed as the sure foundation of the Church, granting all men a lordship which cannot be taken away, sealing it with your precepts, O venerable and heavenly father.

Now and ever and unto ages of ages. Amen.

Steadfast Protectress of Christians! Constant Advocate before the Creator! Do not despise the prayers of sinners, but in your mercy help those who call on you

in faith. Hasten to hear our petitions and intercede for us, O Theotokos, for you always protect those who honour you.

At the Liturgy of the Presanctified Gifts

The truth of things revealed you to your flock as a rule of faith, an image of meekness and a teacher of abstinence. You thus reached the heights through humility and riches through poverty. O holy hierarch, Father Gregory, pray to Christ God for the salvation of our souls.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Steadfast Protectress of Christians! Constant Advocate before the Creator! Do not despise the prayers of sinners, but in your mercy help those who call on you in faith. Hasten to hear our petitions and intercede for us, O Theotokos, for you always protect those who honour you.

Lord have mercy! *(12 times)*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

More honourable than the cherubim and more glorious beyond compare than the seraphim, without defilement you gave birth to God the Word: true Theotokos we magnify you!

Through the prayers of our holy brothers and sisters, Lord Jesus Christ our God, have mercy on us and save us. *Amen.*

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Prayers to be said when one cannot attend Sunday Liturgy

Note: the following private prayers may be said only when circumstances make it impossible to attend the Divine Liturgy on Sunday.

In the Name of the Father and of the Son and of the Holy Spirit. Amen.

Trisagion Prayers

Through the prayers of our holy brothers and sisters, Lord Jesus Christ our God, have mercy on us and save us. Amen.

Glory to You, O God, glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, everywhere present and filling all things, Treasury of Blessings and Giver of Life: come and abide in us and cleanse us from every impurity and save our souls, O Good One!

PRAYERS TO BE SAID WHEN ONE CANNOT ATTEND SUNDAY LITURGY

Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!
Holy God, holy Mighty, holy Immortal, have mercy on us!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us.
O Lord, cleanse us from our sins.
O Master, pardon our transgressions.
O Holy One, visit and heal our infirmities for Your Name's sake.

Lord have mercy! *(3 times)*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father who art in Heaven,
hallowed be Thy Name,
Thy Kingdom come,
Thy will be done on earth as it is in heaven;
give us this day our daily bread
and forgive us our trespasses as we forgive those who trespass against us
and lead us not into temptation but deliver us from the Evil One.

PRAYERS TO BE SAID WHEN ONE CANNOT ATTEND SUNDAY LITURGY

Morning Troparia

The heavenly choir hymns You, and cries out: "Holy, holy, holy, Lord God of hosts: heaven and earth are full of Your glory!"

Come to Him and be enlightened and your faces hall never be ashamed.

The heavenly choir hymns You, and cries out: "Holy, holy, holy, Lord God of hosts: heaven and earth are full of Your glory!"

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

The choir of the holy angels and archangels, with all the powers of heaven, sing Your praises and cry: "Holy, holy, holy, Lord God of hosts: heaven and earth are full of Your glory!"

Lord have mercy! *(12 times)*

Prayer of St. Basil the Great

Having arisen from sleep, I thank You, O Holy Trinity, for in Your great goodness and

forbearance You have not become angry with me in my negligence and sinfulness, nor have You destroyed me in my transgressions, but in Your compassion You have raised me up as I lay in despair that I might sing the glories of Your majesty. Enlighten the eyes of my understanding; open my heart to receive Your words; teach me Your commandments and help me to do Your will, confessing You from my heart, singing and praising Your all-holy Name: of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. *Amen.*

Come let us worship God our King!
Come let us worship and fall down before
  Christ our King and our God!
Come let us worship and fall down before
  Christ Himself our King and our God!

Psalm 103 (102)

Bless the Lord, O my soul! Blessed are You, O Lord! Bless the Lord, O my soul and all that is within me bless His holy Name! Bless the Lord, O my soul and forget not all His benefits who forgives all your iniquity, who heals all your diseases, who redeems your life from the Pit, who crowns you with steadfast love and mercy, who satisfies you with good as long

as you live so that your youth is renewed like the eagle's. The Lord works vindication and justice for the oppressed. He made known His ways to Moses, His acts to the people of Israel. The Lord is compassionate and merciful, long-suffering and of great goodness. He will not always chide, nor will He keep His anger forever. The Lord has established His throne in the heavens and His Kingdom rules over all.

Bless the Lord, O you His angels, you mighty ones who do His word, hearkening to the voice of His word.

Bless the Lord, all His hosts, His ministers that do His will. Bless the Lord all His works, in all places of His dominion. Bless the Lord, O my soul and all that is within me, bless his holy Name! Blessed are You, O Lord!

A reading of the Epistle and Gospel for the day may follow (consult the church calendar).

The Creed

I believe in one God, the Father Almighty, Maker of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages;

Light of Light, true God of true God; begotten, not made; of one essence with the Father; by whom all things were made; who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary and became man. And He was crucified for us under Pontius Pilate and suffered and was buried. And the third day He rose again, according to the Scriptures and ascended into heaven; and sits at the right hand of the Father. And He shall come again with glory to judge the living and the dead; whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets. In one Holy, Catholic and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead and the life of the world to come. *Amen.*

Prayer of Forgiveness

O God, remit, pardon and forgive our sins, whether voluntary or involuntary, whether by words or deeds, whether in knowledge or in ignorance, whether by day or night, whether in mind or thought; forgive us all these, for You are good and the Lover of mankind. *Amen.*

Commemoration of the Living

O Lord Jesus Christ our God, who for the sake of Your eternal mercy and lovingkindness became man and suffered crucifixion and death for the salvation of all, who rose from the dead and ascended into heaven and sit at the right hand of the Father where You hear the prayers of all who call upon You humbly and with their whole heart: incline Your ear to us and hearken to the prayer which Your unworthy servants offer as a spiritual sacrifice for all Your people.

Remember first of all Your Holy, Catholic and Apostolic Church which You have purchased with Your precious Blood. Strengthen it, multiply it, keep it in peace and do not allow the gates of hell to prevail against it. Prevent schisms among the churches, pacify the ragings of the pagans, quickly destroy the uprisings of heresies by the power of Your Holy Spirit.

Have mercy, O Lord, upon our Queen, Governor-General, Prime Minister, Premiers and all who answer before Your Face for their responsibility in civil authority and in the armed forces, and save them all. Give them peace and continual victory over unrighteousness and evil in all places. May they provide peace so that Your holy Church and all Your people may live calm and ordered lives

in Your sight, in true faith and prayer, with godly deeds.

Have mercy, O Lord, upon the Orthodox Patriarchs and Metropolitans, Archbishops and Bishops, the Priests and Deacons, and the whole order of the clergy of Your Church, especially our bishop N, and our priest N. Save them, whom You have established to feed Your flock and by their prayers have mercy on us sinners and save us.

Have mercy, O Lord, on our spiritual fathers and mothers and save them, and by their holy prayers forgive us our transgressions.

Have mercy, O Lord, on our parents and save them together with our brothers and sisters, our kinfolk after the flesh, and our friends. Grant them Your blessing, both here and in the age to come.

Have mercy, O Lord, on the old and the young, the needy, the orphans, the widows and all who are in sickness and sorrow, distress and affliction, oppression and captivity, in prison and confinement. Save them, together with Your servants who are under persecution for Your sake and for the sake of the Orthodox Faith. Remember them, visit them, strengthen and comfort

them, and by Your power grant them speedy relief, freedom and deliverance.

Have mercy, O Lord, on all who travel and save them: those who are sent on duty, our brothers and sisters, and all Orthodox Christians.

Have mercy, O Lord, on our enemies: save all those who envy us, wish us evil or deal unjustly with us. May they not perish because of us sinners.

Enlighten, O Lord, with the truth of Your holy wisdom, all who have gone astray from the Orthodox Faith, led by destructive heresies and divergent philosophies, and unite them once more to Your Holy, Catholic and Apostolic Church. *Amen.*

Commemoration of the Departed

Remember, O Lord, those who have departed this life: all Orthodox Patriarchs, Metropolitans, Archbishops, and all who served You in the priesthood and ministry of the Church, and in the monastic order, and grant them rest with Your saints in Your eternal Kingdom.

Remember, O Lord, the souls of Your servants now fallen asleep: our parents, family, and friends. Forgive

them all their sins, committed in knowledge or in ignorance; grant them Your Kingdom, a portion in Your eternal blessing, and the enjoyment of Your unending life.

Remember, O Lord, all who have fallen asleep in the hope of the resurrection to eternal life: our brothers and sisters, the Orthodox Christians throughout the world. Place them with Your saints, before the light of Your countenance, and have mercy on us, for You are good and the Lover of mankind. *Amen.*

Final Prayers

O all-holy Trinity, one power in essence, one Kingdom undivided, and origin of all good things: graciously turn also to me, a sinner. Strengthen me, give me understanding in my heart, and purge all my sin. Enlighten my mind, that I may glorify You, sing Your praises and worship You, saying, one is holy, one is the Lord, Jesus Christ, to the glory of God the Father. *Amen.*

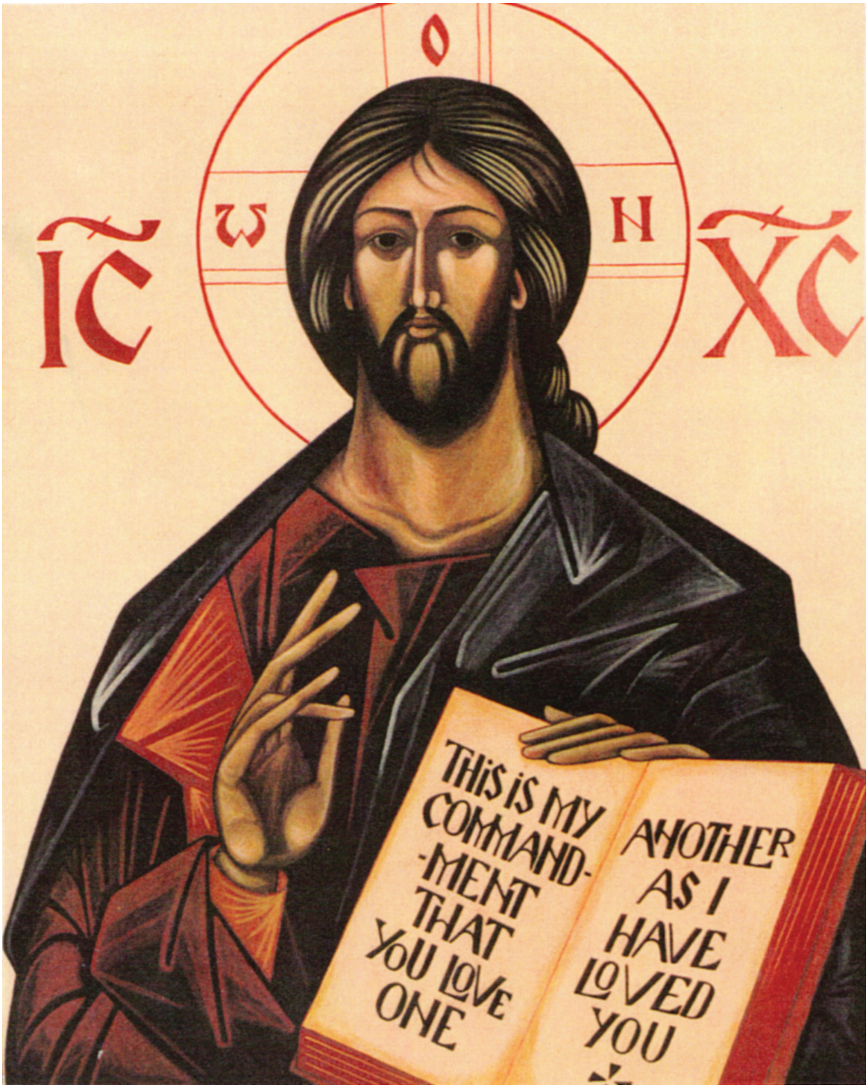
It is truly meet to bless you, O Theotokos, ever blessed and most pure and the Mother of our God! More honourable than the cherubim and more glorious beyond compare than the seraphim: without

defilement you gave birth to God the Word. True Theotokos, we magnify you!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord have mercy! *(3 times)*

Through the prayers of our holy brothers and sisters, Lord Jesus Christ our God, have mercy on us and save us. *Amen.*


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THIS IS MY COMMAND- -MENT THAT YOU LOVE ONE
ANOTHER AS I HAVE LOVED YOU

Akathist to our Victorious Lord Jesus

Kontakion 1: Champion Leader and Lord, Vanquisher of hell, I Your creature and servant offer You songs of praise, for You have delivered me from eternal death. As You have unutterable lovingkindness, free me from every danger as I cry:

JESUS, Son of God, have mercy on me!

Ikos 1: Creator of angels and Lord of Hosts! As of old You opened ear and tongue of the deaf and mute, likewise open now my perplexed mind and tongue to the praise of Your most holy Name, that I may cry to You:

JESUS, most-wonderful, angels' astonishment!
JESUS, most-powerful, forefathers' deliverance!
JESUS, most-sweet, patriarchs' exaltation!
JESUS, most-glorious, kings' strong-hold!
JESUS, most-beloved, prophets' fulfillment!
JESUS, most-marvellous, martyrs' strength!

JESUS, most-peaceful, monks' joy!
JESUS, most-gracious, presbyters' sweetness!
JESUS, most-merciful, fasters' abstinence!
JESUS, most-tender, saints' rejoicing!
JESUS, most-honourable, virgins' chastity!
JESUS, everlasting, sinners' salvation!
JESUS, Son of God, have mercy on me!

Kontakion 2: When You saw the widow weeping bitterly, O Lord, You were moved with compassion and raised her son from the dead as he was being carried to his burial. Likewise, O Lover of man, have pity on me and raise my soul, deadened by sins, as I cry: *Alleluia!*

Ikos 2: Seeking to know the incomprehensible, Philip asked, "Lord, show us the Father." You answered him, "Have I been with you so long and yet you have not known that I am in the Father and the Father in me?" Likewise, O Inconceivable One, with fear I cry to You:

JESUS, eternal God!
JESUS, all-powerful King!
JESUS, long-suffering Master!
JESUS, all-merciful Saviour!
JESUS, my gracious Guardian!
JESUS, cleanse my sins!

JESUS, take away my iniquities!
JESUS, pardon my unrighteousness!
JESUS, my Hope, forsake me not!
JESUS, my Helper, reject me not!
JESUS, my Creator, forget me not!
JESUS, my Shepherd, lose me not!
JESUS, Son of God, have mercy on me!

Kontakion 3: You who clothed Your apostles who tarried in Jerusalem with power from on high, O Jesus, clothe me also, stripped bare of all good works, with the warmth of Your Holy Spirit, and grant that with love I may sing to You: *Alleluia!*

Ikos 3: In the abundance of Your mercy, O Jesus, You called publicans, sinners and unbelievers. Like them, despise me not, but as precious myrrh accept this song:
JESUS, invincible Power!
JESUS, infinite Mercy!
JESUS, radiant Beauty!
JESUS, unspeakable Love!
JESUS, Son of the Living God!
JESUS, have mercy on me, a sinner!
JESUS, hear me who was conceived in iniquity!
JESUS, cleanse me who was born in sin!
JESUS, teach me who am worthless!

JESUS, enlighten me who am in darkness!
JESUS, purify me who am unclean!
JESUS, restore me, a prodigal!
JESUS, Son of God, have mercy on me!

Kontakion 4: Having an inner storm of doubting thoughts, Peter was sinking. But beholding You in the flesh, O Jesus, walking upon the waters, he confessed You to be the true God and receiving the hand of salvation, he cried: *Alleluia!*

Ikos 4: When the blind man heard You, O Lord, passing by on the way, he cried, "Jesus, Son of David, have mercy on me!" And You called him and opened his eyes. Likewise, enlighten the spiritual eyes of my heart with Your love as I cry to You and say:
JESUS, Creator of those on high!
JESUS, Redeemer of those below!
JESUS, Vanquisher of the powers of hell!
JESUS, Adorner of every creature!
JESUS, Comforter of my soul!
JESUS, Enlightener of my mind!
JESUS, Gladness of my heart!
JESUS, Health of my body!
JESUS, my Saviour, save me!
JESUS, my Light, enlighten me!
JESUS, deliver me from all torments!

JESUS, save me despite my unworthiness!
JESUS, Son of God, have mercy on me!

Kontakion 5: As of old You redeemed us from the curse of the Law by Your divinely-shed Blood, O Jesus, likewise rescue me from the snares in which the serpent has entangled us through the passions of the flesh, through lustful suggestions and evil despondency, as we cry to You: *Alleluia!*

Ikos 5: Seeing the Creator in human form and knowing Him to be their Lord, the Hebrew children sought to please Him with branches, crying: Hosanna! But we offer You a new song, saying:
JESUS, true God!
JESUS, Son of David!
JESUS, most-glorious King!
JESUS, blameless Lamb!
JESUS, most-wonderful Shepherd!
JESUS, Guardian of my infancy!
JESUS, Nourisher of my youth!
JESUS, Praise of my old age!
JESUS, my Hope at death!
JESUS, my Life after death!
JESUS, my comfort at Your Judgment!
JESUS, my desire, let me not be ashamed!
JESUS, Son of God, have mercy on me!

Kontakion 6: In fulfillment of the words and messages of the inspired Prophets, O Jesus, You appeared on earth and You, who are uncontainable, dwelt with men and took our infirmities. Being healed through Your wounds, we have learned to sing: *Alleluia!*

Ikos 6: When the light of Your truth shone on the world, demonic delusion was driven away; for the idols, O our Saviour, have fallen, unable to endure Your strength. But we who have received salvation, cry to You:

JESUS, the Truth, dispelling falsehood!
JESUS, the Light above all radiance!
JESUS, the King, surpassing all in strength!
JESUS, God, constant in mercy!
JESUS, Bread of Life, fill me who am hungry!
JESUS, source of knowledge, give me drink who am thirsty!
JESUS, garment of gladness, clothe me, the corruptible one!
JESUS, shelter of joy, cover me, the unworthy one!
JESUS, Giver to those who ask, give me sorrow for my sins!
JESUS, Finder of those who seek, find my soul!
JESUS, Opener to those who knock, open my wretched heart!

JESUS, Redeemer of sinners, blot out my transgressions!
JESUS, Son of God, have mercy on me!

***Kontakion 7*:** Desiring to reveal the mystery hidden from all ages, You were led as a sheep to the slaughter, O Jesus, and as a lamb before its shearers. But as God You rose from the dead and ascended with glory to heaven and along with Yourself, You raised us who cry: *Alleluia!*

Ikos 7: The Creator has shown us a new Creature, who without seed was born of a Virgin, who rose from the tomb without breaking the seal and bodily entered the apostles' room when the doors were locked. Therefore, marvelling at this, we sing:
JESUS, infinite Word!
JESUS, inscrutable Intelligence!
JESUS, incomprehensible Power!
JESUS, inconceivable Wisdom!
JESUS, inexpressible Deity!
JESUS, boundless Dominion!
JESUS, invincible Kingdom!
JESUS, unending Sovereignty!
JESUS, supreme Strength!
JESUS, eternal Power!
JESUS, my Creator, have compassion on me!

JESUS, my Saviour, save me!
JESUS, Son of God, have mercy on me!

Kontakion 8: Seeing God strangely incarnate, let us become strangers to the world and set our minds on things in heaven; for God descended to earth to raise to heaven those who cry to Him: *Alleluia!*

Ikos 8: Being both below and above, You never faltered, O Infinite One, when You voluntarily suffered for us; by Your death You put our death to death and by Your Resurrection You granted life to those who sing:
JESUS, sweetness of the heart!
JESUS, strength of the body!
JESUS, radiance of the soul!
JESUS, swiftness of the mind!
JESUS, joy of the conscience!
JESUS, sure Hope!
JESUS, Memory Eternal!
JESUS, highest praise!
JESUS, my most exalted glory!
JESUS, my desire, reject me not!
JESUS, my Shepherd, seek me!
JESUS, my Saviour, save me!
JESUS, Son of God, have mercy on me!

Kontakion 9: The Angelic Hosts in heaven glorify Your most holy Name unceasingly, O Jesus, crying: Holy! Holy! Holy! But we sinners on earth, with our lips of dust, cry: *Alleluia!*

Ikos 9: We see most eloquent orators as voiceless as fish when they must speak of You, O Jesus our Saviour. For it is beyond their power to tell how You are remain perfect Man and immutable God at the same time. But we, marvelling at this Mystery, cry faithfully:

JESUS, God before the ages!
JESUS, King of Kings!
JESUS, Lord of Lords!
JESUS, Judge of the living and the dead!
JESUS, Hope of the hopeless!
JESUS, Comforter of those who mourn!
JESUS, Glory of the poor!
JESUS, condemn me not according to my deeds!
JESUS, cleanse me according to Your mercy!
JESUS, drive from me despondency!
JESUS, enlighten the thoughts of my heart!
JESUS, grant me remembrance of death!
JESUS, Son of God, have mercy on me!

***Kontakion 10*:** Wishing to save the world, O Sunrise of the East, You came to the dark western reaches of

our nature and humbled Yourself even to the death. Therefore, Your Name is exalted above every name and from all the tribes of earth and heaven You hear: *Alleluia!*

Ikos 10: King Eternal, Comforter, true Christ! Cleanse us from every stain as You cleansed the ten lepers and heal us as You healed the greedy soul of Zaccheus the publican, that we may cry to You with remorseful penitence and say:

JESUS, treasury incorruptible!
JESUS, wealth unfailing!
JESUS, strong food!
JESUS, inexhaustible drink!
JESUS, garment of the poor!
JESUS, defender of widows!
JESUS, protector of orphans!
JESUS, helper of toilers!
JESUS, guide of pilgrims!
JESUS, pilot of voyagers!
JESUS, calmer of tempests!
JESUS, raise me who am fallen!
JESUS, Son of God, have mercy on me!

Kontakion 11: Although unworthy, I offer You tender songs and like the Canaanite woman, I cry to You: O Jesus, have mercy on me! For it is not my

daughter, but my flesh which is violently possessed with passions and burning with fury. So grant me healing, who cry to You: *Alleluia!*

Ikos 11: Having persecuted You, who are the Light that enlightens those in the darkness of ignorance, Paul experienced the powerful voice of divine enlightenment and understood the swiftness of the soul's conversion. Likewise, enlighten the dark eye of my soul, as I cry:

JESUS, my most-mighty King!
JESUS, my most-powerful God!
JESUS, my immortal Lord!
JESUS, my most-glorious Creator!
JESUS, my most-kind Teacher and Guide!
JESUS, my most-compassionate Shepherd!
JESUS, my most-gracious Master!
JESUS, my most-merciful Saviour!
JESUS, enlighten my senses darkened by passions!
JESUS, heal my body, calloused with sins!
JESUS, cleanse my mind from vain thoughts!
JESUS, keep my heart from evil desires!
JESUS, Son of God, have mercy on me!

Kontakion 12: Grant me Your grace, O Jesus, Absolver of all debts and receive me as I repent, even as You received Peter when he denied You and call me

who am downcast, even as You called Paul who had persecuted You and hear me crying to You: *Alleluia!*

Ikos 12**:** Praising Your Incarnation, we glorify You and, with Thomas, we believe that You are our Lord and God, seated with the Father, coming to judge the living and the dead. Therefore, grant that I may stand on Your right hand, I who now cry:

JESUS, King before the ages, have mercy on me!
JESUS, sweet-scented Flower, make me fragrant!
JESUS, beloved warmth, make me fervent!
JESUS, eternal temple, shelter me!
JESUS, garment of light, adorn me!
JESUS, pearl of great price, beam on me!
JESUS, precious stone, illumine me!
JESUS, sun of righteousness, shine on me!
JESUS, holy light, make me radiant!
JESUS, deliver me from sickness of soul and body!
JESUS, rescue me from the hands of the enemy!
JESUS, save me from the unquenchable fire and from the other eternal torments!
JESUS, Son of God, have mercy on me!

Kontakion 13 *(said thrice)***:** O most kind and generous Jesus! Receive this our humble prayer, as You received the widow's mite and keep Your faithful people from all enemies, visible and invisible, from foreign invasion,

from disease and hunger, from all tribulations and mortal wounds and deliver from future torments all who cry to You: *Alleluia!*

Ikos 1: Creator of angels and Lord of Hosts! As of old You opened ear and tongue of the deaf and mute, likewise open now my perplexed mind and tongue to the praise of Your most holy Name, that I may cry to You:

JESUS, most-wonderful, angels' astonishment!
JESUS, most-powerful, forefathers' deliverance!
JESUS, most-sweet, patriarchs' exaltation!
JESUS, most-glorious, kings' strong-hold!
JESUS, most-beloved, prophets' fulfillment!
JESUS, most-marvellous, martyrs' strength!
JESUS, most-peaceful, monks' joy!
JESUS, most-gracious, presbyters' sweetness!
JESUS, most-merciful, fasters' abstinence!
JESUS, most-tender, saints' rejoicing!
JESUS, most-honourable, virgins' chastity!
JESUS, everlasting, sinners' salvation!
JESUS, Son of God, have mercy on me!

Kontakion 1: Champion Leader and Lord, Vanquisher of hell, I Your creature and servant offer You songs of praise, for You have delivered me from eternal death. As You have unutterable lovingkindness,

free me from every danger as I cry:
JESUS, Son of God, have mercy on me!

Prayer:

O most-wise and most-gracious Lord, our Saviour, who enlightened all the ends of the world by the radiance of Your Coming and who called us into Your holy Church through the promise of the inheritance of incorruptible and eternal good! Graciously look down on us, Your worthless servants and remember not our iniquities, but according to Your infinite mercies, forgive all our sins. Even though we transgress Your holy will, we do not deny You, our God and Saviour. Against You alone do we sin, yet You alone do we serve, in You alone do we believe, to You alone do we come and Your servants only do we wish to be. Remember the infirmity of our nature and the temptations of the adversary and the worldly enticements and seducements which surround us on every side and against which, according to Your word, we can do nothing without Your help. Cleanse us and save us! Enlighten our minds that we may firmly believe in You, our only Saviour and Redeemer. Inspire our hearts that we may wholly love You, our only God and Creator. Direct our steps that we may not stumble, but walk in the light of Your commandments. Truly, our

Lord and Creator, show us Your great and abundant kindness and make us live all the days of our life in holiness and truth, that at the time of Your glorious Second Coming, we may be worthy to hear Your gracious call into Your heavenly Kingdom. Grant us, Your sinful and unprofitable servants, to receive Your Kingdom and that in the enjoyment of its inexpressible beauty, we may ever glorify You, together with Your eternal Father and Your eternal Divine Spirit, to the ages of ages. *Amen.*


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Akathist to the Most Holy Theotokos

Kontakion 1: O Victorious Leader of triumphant hosts, we your servants, delivered from evil, sing our grateful thanks to you, O Theotokos. As you possess invincible might, set us free from every calamity so that we may sing:

Rejoice, O Unwedded Bride!

Ikos 1: An archangel was sent from heaven to say to the Theotokos: Rejoice! And seeing You, O Lord, taking bodily form, he was amazed and with his bodiless voice he stood crying to her such things as these:

Rejoice, for through you joy shall shine forth!
Rejoice, for through you the curse shall cease!
Rejoice, recalling of fallen Adam!
Rejoice, redemption of the tears of Eve!
Rejoice, height hard to climb for the thoughts of men!
Rejoice, depth hard to scan even for the eyes of angels!

Rejoice, for you are the throne of the King!
Rejoice, for you hold Him who holds all!
Rejoice, star causing the sun to shine!
Rejoice, womb of the divine incarnation!
Rejoice, for through you the creation is made new!
Rejoice, for through you the Creator becomes a newborn child!
Rejoice, O Unwedded Bride!

Kontakion 2: Aware that she was living in chastity, the holy Virgin said boldly to Gabriel: "Your strange message is hard for my soul to accept. How is it that you speak of childbirth from a seedless conception?" And she cried: *Alleluia!*

Ikos 2: Seeking to know the incomprehensible, the Virgin cried to the ministering spirit: "Tell me, how can a son be born from a chaste womb?" And in fear, he answered, crying out:
Rejoice, initiate of God's secret counsel!
Rejoice, faith in that which must be guarded by silence!
Rejoice, prelude of Christ's miracles!
Rejoice, crown of His teachings!
Rejoice, heavenly ladder by which God came down!
Rejoice, bridge which conveys men from earth to heaven!
Rejoice, wonder of angels, blazed abroad!

Rejoice, wound of demons bewailed afar!
Rejoice, for ineffably you bore the Light!
Rejoice, for you revealed your secret to none!
Rejoice, wisdom surpassing the knowledge of the wise!
Rejoice, dawn that illumines the minds of the faithful!
Rejoice, O Unwedded Bride!

Kontakion 3: The power of the Most High then overshadowed the Virgin that she might conceive and He made her fertile womb a fruitful field for all who wish to reap the harvest of salvation, as they sing: *Alleluia!*

Ikos 3: Bearing God within her womb, the Virgin hastened to Elizabeth whose unborn babe at once recognized her greeting, rejoiced and leaping up as if in song, cried to the Theotokos:
Rejoice, vine of the undying Branch!
Rejoice, orchard of pure Fruit!
Rejoice, for you tend the Husbandman of mankind!
Rejoice, for you have borne the Gardener of our life!
Rejoice, earth yielding a rich harvest of compassion!
Rejoice, table laden with mercy in abundance!
Rejoice, for through you the fields of Eden flower again!
Rejoice, for you make ready a haven for our souls!
Rejoice, acceptable incense of intercession!
Rejoice, purification of all the world!

Rejoice, lovingkindness of God to mortals!
Rejoice, access of mortals to God!
Rejoice, O Unwedded Bride!

Kontakion 4: Having an inner storm of doubting thoughts, the chaste Joseph was troubled. For knowing you to have no husband, O immaculate one, he suspected a secret union. But when he learned that your conception was of the Holy Spirit, he exclaimed: *Alleluia!*

Ikos 4: The shepherds heard the angels carolling Christ's Incarnation and running like sheep to their Shepherd, they beheld Him as an innocent lamb, that had been pastured in Mary's womb and they sang praises to her, saying:
Rejoice, Mother of the Lamb and Shepherd!
Rejoice, fold of spiritual sheep!
Rejoice, protection against invisible enemies!
Rejoice, key to the door of paradise!
Rejoice, for heaven exults with earth!
Rejoice, for earth joins chorus with heaven!
Rejoice, never-silent voice of the apostles!
Rejoice, never-conquered courage of the martyrs!
Rejoice, firm foundation of the Faith!
Rejoice, radiant revelation of grace!
Rejoice, for through you hell was stripped bare!

Rejoice, for through you we are clothed in glory!
Rejoice, O Unwedded Bride!

Kontakion 5: Seeing the divinely-moving star, the Magi followed its light and, keeping it as a beacon, they sought the mighty King. As they approached the Unapproachable, they rejoiced and cried to Him: *Alleluia!*

Ikos 5: The children of the Chaldeans saw the Virgin holding in her hands Him who with His hands fashioned Man. And knowing Him to be the Master, even though He had taken the form of a servant, they hastened to fall down and worship Him with their gifts and cried to the Blessed Virgin:
Rejoice, Mother of the never-setting Star!
Rejoice, dawn of the mystic Day!
Rejoice, you who extinguished the furnace of deception!
Rejoice, you who enlightened the initiates of the Trinity!
Rejoice, you who banished from power the tyrant who hates man!
Rejoice, you who showed us Christ the Lord who loves man!
Rejoice, you who redeem us from pagan idolatry!
Rejoice, you who drag us from the mire of works!
Rejoice, you who have quenched the worship of fire!

Rejoice, you who have put out the flames of the passions!
Rejoice, guide of the faithful to chastity!
Rejoice, joy of all generations!
Rejoice, O Unwedded Bride!

Kontakion 6: Becoming God's heralds, the Magi returned to Babylon. They fulfilled Your prophecy, O Christ, and preached You to all, leaving Herod to his raving, for he knew not how to sing: *Alleluia!*

Ikos 6**:** By shining upon Egypt the light of Your Truth, You dispelled the darkness of falsehood, O Saviour, for its idols have fallen, unable to endure Your strength and all were delivered from them who cried to the Theotokos:
Rejoice, uplifting of men!
Rejoice, downfall of demons!
Rejoice, for you have trampled upon the delusion of error!
Rejoice, for you have exposed the fraud of idols!
Rejoice, sea that have drowned the invisible Pharaoh!
Rejoice, rock that gives drink to all who thirst for life!
Rejoice, pillar of fire, guiding those in darkness!
Rejoice, shelter of the world, wider than the cloud in the wilderness!
Rejoice, food that replaces manna!
Rejoice, minister of holy joy!
Rejoice, promised land!

Rejoice, source of milk and honey!
Rejoice, O Unwedded Bride!

Kontakion 7: When Simeon was about to depart this life of delusion, he received You as an Infant in his arms. But he recognized You as also perfect God and marvelling at Your unspeakable wisdom, he cried: *Alleluia!*

Ikos 7: The Creator has shown us a new creature, manifesting Himself to us, His creatures. From a seedless womb He was born, preserving it inviolate as it was before, that, beholding the miracle, we might sing her praises, crying:
Rejoice, flower of incorruption!
Rejoice, crown of chastity!
Rejoice, bright foreshadowing of the resurrection glory!
Rejoice, mirror of the angels' life!
Rejoice, tree of glorious fruit by which the faithful are nourished!
Rejoice, bush of shady leaves by which many are sheltered!
Rejoice, for you conceived a Guide for the lost!
Rejoice, for you gave birth to the Redeemer of captives!
Rejoice, intercessor with the righteous Judge!
Rejoice, forgiveness for many who have stumbled!
Rejoice, robe of freedom for the naked!
Rejoice, love surpassing all desire!
Rejoice, O Unwedded Bride!

Kontakion 8: Seeing this strange birth, let us become strangers to the world and set our minds on things in heaven; for God descended to earth as lowly man to raise to heaven those who cry to Him: *Alleluia!*

Ikos 8: The uncontainable Word was wholly present here below, yet in no way absent from the realm above; for this was a divine condescension and not a change of place. He was born from a Virgin, who was overshadowed by the divine power and who heard words like these:

Rejoice, container of the uncontainable God!
Rejoice, gate of hallowed mystery!
Rejoice, report doubted by unbelievers!
Rejoice, boast undoubted by the faithful!
Rejoice, most-holy chariot of Him who rides upon the Cherubim!
Rejoice, most-glorious temple of Him who is above the Seraphim!
Rejoice, you who bring opposites into harmony!
Rejoice, you who join virginity to motherhood!
Rejoice, you through whom our sin is remitted!
Rejoice, you through whom paradise is opened!
Rejoice, key to Christ's Kingdom!
Rejoice, hope of eternal blessings!
Rejoice, O Unwedded Bride!

Kontakion 9: The Angelic Hosts marvelled at the great work of Your Incarnation; for they saw the unapproachable God as a Man approachable by all, dwelling with us and hearing from our lips: *Alleluia!*

Ikos 9: We see most eloquent orators as voiceless as fish before you, O Theotokos. For it is beyond their power to tell how you remain a virgin and yet have power to bear a child at the same time. But we, marvelling at this mystery, cry faithfully:

Rejoice, receptacle of God's wisdom!
Rejoice, treasury of His providence!
Rejoice, for you show philosophers to be fools!
Rejoice, for you constrain the educated to silence!
Rejoice, for the clever critics have made fools of themselves!
Rejoice, for the myth-makers have withered away!
Rejoice, you who broke the webs of the Athenians!
Rejoice, you who filled the nets of the fishermen!
Rejoice, you who draw men from the depths of ignorance!
Rejoice, you who enlighten many with knowledge!
Rejoice, ship of those who wish to be saved!
Rejoice, haven of sailors on the sea of life!
Rejoice, O Unwedded Bride!

Kontakion 10: Wishing to save the world, the Fashioner of all freely came to His own. Though as

God He is our Shepherd, yet He appeared to us as man and having called mankind to salvation by a like manhood, as God He hears: *Alleluia!*

Ikos 10: You are a wall to virgins and to all who run to you, O Virgin Theotokos. For the Maker of heaven and earth prepared you, O immaculate one, and dwelt in your womb, teaching all to sing to you:

Rejoice, pillar of virginity!
Rejoice, gate of salvation!
Rejoice, source of the renewed creation!
Rejoice, provider of the mercy of God!
Rejoice, for you gave new birth to those conceived in shame!
Rejoice, for you gave understanding to those robbed of their senses!
Rejoice, you who foiled the corrupter of minds!
Rejoice, you who gave birth to the Sower of chastity!
Rejoice, bridal chamber of a virgin marriage!
Rejoice, you who wed the faithful to the Lord!
Rejoice, fair nursing-mother of virgins!
Rejoice, betrother of holy souls!
Rejoice, O Unwedded Bride!

Kontakion 11: No hymn can recount the multitude of your many mercies, O holy King, for though we offer You songs numberless as the sand, yet we still do

nothing worthy of what You have given us, who sing to You: *Alleluia!*

Ikos 11: We see the holy Virgin as a torch of living Light appearing to those in darkness. Having kindled the immaterial Fire, she leads all to divine knowledge; she illumines our minds with light and is honoured by our singing these praises:

Rejoice, beam of the spiritual sun!
Rejoice, ray of the unwaning moon!
Rejoice, lightning-flash that lights up our souls!
Rejoice, thunder that terrifies our enemies!
Rejoice, for you caused the much-shining light to dawn!
Rejoice, for you caused the many-streamed river to flow!
Rejoice, for you prefigure the baptismal font!
Rejoice, for you remove the filth of sin!
Rejoice, for you wash the conscience clean!
Rejoice, cup for mixing the wine of joy!
Rejoice, aroma of the fragrance of Christ!
Rejoice, life of the mystical feasting!
Rejoice, O Unwedded Bride!

***Kontakion 12*:** Wishing to restore men to His grace, the absolver of all debts came of His own will to dwell among those who had fallen from His favour; having torn up the handwriting of their sins, He hears from all: *Alleluia!*

Ikos 12: While singing to your Son, O Theotokos, we all praise you as a living temple. For the Lord who holds all things in His hand dwelt in your womb; He hallowed and glorified you and taught all to cry to you:

Rejoice, tabernacle of God the Word!
Rejoice, saint greater than the saints!
Rejoice, ark made golden by the Spirit!
Rejoice, inexhaustible treasury of life!
Rejoice, precious crown of pious kings!
Rejoice, honoured boast of devoted priests!
Rejoice, unshaken fortress of the Church!
Rejoice, unconquered wall of the Kingdom!
Rejoice, you through whom we obtain victories!
Rejoice, you before whom enemies are cast down!
Rejoice, healing of my body!
Rejoice, salvation of my soul!
Rejoice, O Unwedded Bride!

Kontakion 13 *(said thrice)**:*** O all-praised Mother, who bore the Word, the Holy of Holies: accept this our offering and deliver from every ill and from future torment those who cry aloud to you: *Alleluia!*

Ikos 1**:** An archangel was sent from heaven to say to the Theotokos: Rejoice! And seeing You, O Lord, taking bodily form, he was amazed and with his bodiless voice

he stood crying to her such things as these:
Rejoice, for through you joy shall shine forth!
Rejoice, for through you the curse shall cease!
Rejoice, recalling of fallen Adam!
Rejoice, redemption of the tears of Eve!
Rejoice, height hard to climb for the thoughts of men!
Rejoice, depth hard to scan even for the eyes of angels!
Rejoice, for you are the throne of the King!
Rejoice, for you hold Him who holds all!
Rejoice, star causing the sun to shine!
Rejoice, womb of the divine incarnation!
Rejoice, for through you the creation is made new!
Rejoice, for through you the Creator becomes a newborn child!
Rejoice, O Unwedded Bride!

Kontakion 1: O Victorious Leader of triumphant hosts, we your servants, delivered from evil, sing our grateful thanks to you, O Theotokos. As you possess invincible might, set us free from every calamity so that we may sing:
O Rejoice, Unwedded Bride!

Prayer

My most gracious Queen, my hope, O Theotokos, who receive the orphaned and are the intercessor

for the stranger; the joy of those in sorrow, protector of the wronged: see my distress, see my affliction! Help me, for I am helpless. Feed me, for I am a stranger and pilgrim. You know my offence; forgive and resolve it as you will. For I know no other help but you, no other intercessor, no gracious comforter, only you, O Theotokos, to guard and protect me, for ages of ages. *Amen.*

Akathist to Jesus, Light to those in Darkness

Blessed for liturgical use in his Archdiocese by Seraphim, Archbishop of Ottawa and Canada

Kontakion 1** **(Tone 7): Out of the depths of darkness and despair I cry to You, O Lord, You that hung upon the Cross in darkness. From the pit of pain and confusion, I lift up this prayer, and with all my heart I sing aloud to You:
Jesus, light to those in darkness, glory to You!

Ikos 1** **(see Ps. 77): In the day of my trouble, I seek You, O Lord, and in the night my hand is stretched out without wearying. My eyes find no rest from weeping, and I am so troubled that I cannot speak. Yet as my spirit ponders in the night, I raise this song to You:
JESUS, rescuer of the abandoned!
JESUS, hope of those in despair!
JESUS, guiding star to the lost!
JESUS, joyful return of the exile!
JESUS, unforeseen victory!

JESUS, eternal triumph!
JESUS, radiant dawn after endless night!
JESUS, everlasting light of the Kingdom!
JESUS, wipe away my tears!
JESUS, calm the panic of my heart!
JESUS, exultation of those hemmed in by fear!
JESUS, joy of those crushed by sorrow!
JESUS, light to those in darkness, glory to You!

Kontakion 2 (see Ps. 88): O Lord God of my salvation, I have cried out to You day and night. My soul is full of troubles and my life has drawn near to Sheol. I lie in the depths of the pit, in the regions dark and deep; my friends and those who love me are removed far from me, and my companions are in darkness. But by Your grace, I defy the darkness, and I declare Your saving help in the land of forgetfulness, crying aloud, *Alleluia!*

Ikos 2: Sorrow has isolated me from all those around me, and I cannot feel Your love either, O Lord. I walk about in the light like one forsaken among the dead, like the slain who molder in the grave whom You remember no more. But You are the One who performs wonders for the dead, and whose steadfast love is declared in the grave. Trusting in You alone, I make known Your wonders:

JESUS, comforter of the bereaved!
JESUS, consoler of the dying!
JESUS, liberty of the imprisoned and forgotten!
JESUS, companion of the divorced and abandoned!
JESUS, grant peace to a heart in turmoil!
JESUS, work through me to touch others in pain!
JESUS, calmer of storms!
JESUS, haven of the voyager!
JESUS, resurrection for those whose children have died!
JESUS, serenity for those in chronic pain!
JESUS, promise of final triumph!
JESUS, possession of invincible peace!
JESUS, light to those in darkness, glory to You!

Kontakion 3 ***(see Ps. 143):*** The enemy has pursued my soul, O Lord, he has crushed my life to the ground, and I am made to sit in darkness, like those who have been long dead. My spirit within me is overwhelmed by depression, and my heart within is appalled. But I am Your servant, O merciful God, and Your good Spirit will lead me on level paths with renewed strength. Looking to that day, even now I stretch out my hands, crying: *Alleluia!*

Ikos 3: Despite the attacks of my spiritual foes, I put my trust in You, O Saviour, knowing that You will teach me the way in which I should walk in safety.

Though I dwell in parched land, I look to You for the water of life, offering to You such songs as these:

JESUS, shield and buckler!
JESUS, unfailing defense!
JESUS, well-spring in the desert!
JESUS, fountain of the Kingdom!
JESUS, drive away all depression!
JESUS, be my radiance of heart!
JESUS, security in the midst of enemies!
JESUS, hope when all other hope is lost!
JESUS, pledge of eternal gladness!
JESUS, banisher of life's shadows!
JESUS, vindicate my innocence!
JESUS, forgive all my sins!
JESUS, light to those in darkness, glory to You!

Kontakion 4 ***(see Mt. 15:21:28, Ps. 54):*** The Syro-Phoenician woman whose daughter was cruelly demon-possessed shouted after You, O Son of David, only to learn that You were sent only to the lost sheep of the house of Israel. Despite Your silence, the faith of this Gentile found Your compassion, and she returned home singing: *Alleluia!*

Ikos 4: Despite my many and ceaseless supplications, I can find no answer, O Lord, and my heart is too tired to go on. I feel unworthy even to gather up the

crumbs under Your table, and from all sides I find nothing but discouragement. But knowing that You save those who invoke Your Name, O Jesus, and trusting that You will give ear to the words of my mouth, I bow down before You, saying:

JESUS, welcomer of strangers!
JESUS, boast of the saints!
JESUS, save me as I chant Your Name with love!
JESUS, vindicate me as I cling to Your mercy with faith!
JESUS, pardoner of my many offences!
JESUS, healer of my sinful heart!
JESUS, feeder of children!
JESUS, feast of the poor!
JESUS, King who gives strength to the weary!
JESUS, Master who grants deliverance to the oppressed!
JESUS, destroyer of demons!
JESUS, song of the angels!
JESUS, light to those in darkness, glory to You!

Kontakion 5 (see Mk. 10:46-52, Ps. 57): The blind beggar Bartimaeus thought that You would pass him by, O Saviour, and though many rebuked him, he did not cease to cry, "Have mercy on me, Son of David!" In Your customary lovingkindness, You called him to Yourself and granted him illumination, so that he followed You on the way, singing *Alleluia!*

Ikos 5: Like a child left alone in the dark, I cry out to You, Son of David, taking refuge in the shadow of Your wings until the storms of destruction pass by. Though my soul is among lions who roar out that there is no salvation for me, my heart is steadfast and I sing these praises:

JESUS, sight for the blind!
JESUS, wealth for the beggar!
JESUS, harbour for those who are bestormed!
JESUS, fortress for all who are besieged!
JESUS, Your glory is above the heavens!
JESUS, Your radiance fills the earth!
JESUS, exaltation of the transcendent Father!
JESUS, bestower of the life-giving Spirit!
JESUS, hear my cry when all others are deaf!
JESUS, call me to Your throne and save me!
JESUS, bottomless ocean of mercy!
JESUS, infinite firmament of truth!
JESUS, light to those in darkness, glory to You!

Kontakion 6 (see Ps. 42-43): Like the deer who pants for flowing streams, like the parent who mourns the loss of a child, I am left breathless. Grief grips me, and my tears have been my food day and night. Although all the waves of panic have rolled over me, You remain the help of my countenance, O God, and my song to You in the night remains: *Alleluia!*

Ikos 6: The joy of Paschal processions around the House of God remains a distant memory, O Lord, and my soul is in despair. All my former faith has been disturbed, so that I say to God my rock, "Why have You forgotten me?" But the Lord will yet command His steadfast love to me, and hoping in His help I praise Him, saying:

JESUS, joy of homecoming for those on earth!
JESUS, long-awaited reunion with all in heaven!
JESUS, dry my bitter tears!
JESUS, restore my forgotten song!
JESUS, light sent out from the luminous Father!
JESUS, truth that leads us to the heavenly altar of God!
JESUS, celebration that lifts the heavy heart!
JESUS, tranquility that calms the troubled mind!
JESUS, return of celebration for the down-cast!
JESUS, restoration of festivity for the weary!
JESUS, You that make the woeful to dance!
JESUS, You that make the depressed to sing!
JESUS, light to those in darkness, glory to You!

Kontakion 7 (see Mk. 5:21-24, 35-43): The man whose young daughter had just died was in anguish, O Lord, when it seemed that Your coming to save her was too late. But You told him to fear not, but to have faith, and with a simple command You raised the girl from death. Beside himself with joy, the bereaved parent exclaimed, *Alleluia!*

Ikos 7: Like those whose houses are made desolate by death, my own home is filled with mourning, and I look to the dawning of each new day with fear. But keeping my faith in You, I trample down my fear, and open my mouth with defiance to offer these hymns to You, O Life-giving Lord:

JESUS, vanquisher of hell!
JESUS, giver of resurrection!
JESUS, banish my fear of the future!
JESUS, heal the sorrows of my past!
JESUS, redeem my soul in peace from the battle with my foes!
JESUS, conquer my many spiritual enemies!
JESUS, You that put despair to flight!
JESUS, You that fill the heart with hope!
JESUS, light that no darkness can extinguish!
JESUS, joy that no sorrow can quench!
JESUS, glorious liberty of the children of God!
JESUS, endless song of those raised to new life!
JESUS, light to those in darkness, glory to You!

Kontakion 8 (see Mk. 5:25-34, Ps. 38): The woman with a hemorrhage suffered for many years, growing only worse for all the money she had spent on physicians. In her uncleanness, she was afraid to approach You, O Lord, and so she secretly touched the hem of Your garment to find healing. But when

You found her in the crowd, You took away her fears as well as her disease and dismissed her in peace. When she experienced Your unexpected compassion, her heart leaped up and cried, *Alleluia!*

Ikos 8: O Lord, there is no soundness in my flesh and my pain is ever with me. My wounds grow foul and fester, and I go about mourning all the day. Though many try to comfort me, I am benumbed, and find only groaning because of the tumult of my heart. But You are not far from me, O my God, and You will make haste to help me. Therefore I open my mouth in praise to the Lord my salvation, saying:

JESUS, health of my bones!
JESUS, promise of my resurrection!
JESUS, unfailing strength!
JESUS, forgiveness of my folly!
JESUS, healing for all who just touch the hem of Your robe!
JESUS, restoration for all who but trust in Your mercy!
JESUS, sudden joy!
JESUS, eternal exultation!
JESUS, hold me up when I am ready to fall!
JESUS, forgive me when my iniquities go over my head!
JESUS, power of my youth!
JESUS, wisdom of my old age!
JESUS, light to those in darkness, glory to You!

Kontakion 9 ***(see Mk. 5:1-20, Ps. 56):*** The Gadarene demoniac was overwhelmed by a legion of demons within, O saving Master, and he dwelt in the deserts of despair, for no human chains were strong enough to restrain his fury. Seeing his Saviour come near, he ran up to Him and bowed down before Him, imploring deliverance. When You drove out his enemies and drowned his sins in the depths of the sea, he breathed forth a sigh of peace, saying *Alleluia!*

Ikos 9: My spiritual foes have trampled me to the ground, O Lord my God, for they are many who fight against me. A legion of internal sins fights proudly against me, lurking to trip up my every step. Yet You have seen all my tears, O Christ, and noted all my grief in Your book, and You will deliver my feet from falling so that I may walk before You in the light of life, praising Your word and saying:

JESUS, absolution of the condemned!
JESUS, song of the forgiven!
JESUS, drive away my countless foes!
JESUS, forgive the multitude of my sins!
JESUS, robe of the naked!
JESUS, sanity for the distracted!
JESUS, terror of demons who fly from Your Name!
JESUS, hymn of the angels who draw near to Your love!
JESUS, You that wipe away my tears!

JESUS, You that calm my agitation!
JESUS, You that bring joy to those in the desert!
JESUS, You that restore the exile to his home!
JESUS, light to those in darkness, glory to You!

Kontakion 10** **(see Lk. 7:11-17): The widow whose only son had died was left all alone in the world, abandoned by those who had loved her. When her son was being carried out to burial, the Lord met her and bade her dry her tears. With a word he raised the young man to new life, teaching all there to change their funeral dirge to the song: *Alleluia!*

Ikos 10: O Lord, I am separated from the one who once loved me, and sorrow has estranged me from my friends. I am weary with crying, and my eyes fail while I wait for my God. Emptiness and loneliness crush me every night, and meaninglessness haunts me by day. From the end of the earth I call to You when my heart is faint, lifting up to You these praises:
JESUS, unfailing friend for the abandoned!
JESUS, lover of my soul!
JESUS, serenity for those in the midst of storms!
JESUS, renewed strength for the burdened!
JESUS, fill the emptiness of my heart!
JESUS, use me as the instrument of Your peace!
JESUS, strength for the day of battle!

JESUS, banner of glorious victory!
JESUS, healer of the past!
JESUS, guide for the future!
JESUS, triumphant forgiveness!
JESUS, eternal vindication!
JESUS, light to those in darkness, glory to You!

Kontakion 11** **(see Jn. 11:1-44, Ps. 6): Jesus allowed His beloved friend Lazarus to face the bitterness of death, so that he lay in the tomb for four days, his flesh experiencing corruption. But Christ came into the world to trample down death, and with a mighty cry He summoned Lazarus from the depths, so that the man doomed to death emerged from the tomb to cry: *Alleluia!*

Ikos 11: That which I greatly feared has come upon me, and death looms before me. My faith in which I trusted is no defense against the cold fear that grips my heart, and every night I flood my bed with tears. But You, O Jesus, are the resurrection and the life, and even in Sheol I will not cease to give You praise:
JESUS, hope of those sentenced to death!
JESUS, resurrection of those who believe in Your word!
JESUS, song that no fear can silence!
JESUS, tranquility that no horror can shake!

JESUS, raise my eyes from death to see Your unfading Kingdom!
JESUS, fill my heart with the promise of Your unending life!
JESUS, radiant glory of those facing death!
JESUS, timeless boast of the martyrs!
JESUS, courage in the face of mortal danger!
JESUS, constancy before continual trial!
JESUS, divine glory, transfiguring the wounded hearts!
JESUS, victory of God, bringing the embattled home!
JESUS, light to those in darkness, glory to You!

Kontakion 12 ***(see Lk. 22:41-44, Heb. 5:7-9):*** With loud cries and tears, O Jesus, You asked that the cup of grief might be removed from You, and sweat from Your holy body fell like drops of blood. Though all Your disciples forsook You and fled, O Christ, You never faltered, but fulfilled the will of the Father until the end. Marveling at Your faithfulness, we who are weak exclaim, *Alleluia!*

Ikos 12: For the sake of us men and for our salvation, O Son of God, You hung upon the Cross. Though You cried out that God had forsaken You, in obedience You drained the cup of suffering to its very dregs. Though all those around You jeered at You and blasphemed, You committed Your spirit into the Father's hands and

died in the darkness. Struck with awe at this mystery, we sinners cry from the depths of our souls:

JESUS, Lamb whose meekness is stronger than the world!
JESUS, Sacrifice whose Blood washes clean the whole earth!
JESUS, rejected by men, obedient to the death of the Cross!
JESUS, King of the ages, ruling from the heavenly throne!
JESUS, keep me from failing in the hour of trial!
JESUS, strengthen me for the impending battle!
JESUS, whose death on the Tree tramples down my mortality!
JESUS, whose lifting up on the Cross casts down the ruler of this age!
JESUS, everlasting Pascha and power of God!
JESUS, universal Kingdom given to us sinners!
JESUS, light of the despairing children of the earth!
JESUS, light of the triumphant saints in glory!
JESUS, light to those in darkness, glory to You!

Kontakion 13 ***(said thrice):*** O Jesus our Lord, God and Saviour, in Your word alone we put our trust. Though suffering and agitation fill our minds, we reach up through the darkness to seize Your hand and receive Your mercy. Be our joy and peace as we pass

through this terrible valley, and carry us through when our strength fails that we may sing to You through the ages, *Alleluia!*

Ikos 1: In the day of my trouble, I seek You, O Lord, and in the night my hand is stretched out without wearying. My eyes find no rest from weeping, and I am so troubled that I cannot speak. Yet as my spirit ponders in the night, I raise this song to You:

JESUS, rescuer of the abandoned!
JESUS, hope of those in despair!
JESUS, guiding star to the lost!
JESUS, joyful return of the exile!
JESUS, unforeseen victory!
JESUS, eternal triumph!
JESUS, radiant dawn after endless night!
JESUS, everlasting light of the Kingdom!
JESUS, wipe away my tears!
JESUS, calm the panic of my heart!
JESUS, exultation of those hemmed in by fear!
JESUS, joy of those crushed by sorrow!
JESUS, light to those in darkness, glory to You!

Kontakion 1 (Tone 7): Out of the depths of darkness and despair I cry to You, O Lord, You that hung upon the Cross in darkness. From the pit of pain and confusion, I lift up this prayer, and with all my heart

I sing aloud to You:
Jesus, light to those in darkness, glory to You!

Prayer: O Jesus our King, have mercy on us as we struggle, and receive our songs as a fragrant offering and a sweet-smelling sacrifice. In all our turmoil, emptiness and suffering, we turn to You, praising You for Your great glory. Lift us up as a father lifts up his little child, and bring us through this season of darkness and pain into Your marvelous light. Resolve our distresses as You will, according to Your great wisdom and love. We accept all that comes from Your merciful hand, and ask that You grant us to do Your will. Thus strengthened to walk in a way that is pleasing to You, to our last breath we never cease to praise Your most holy Name, together with that of Your Father who has no beginning and Your all-holy, good and life-creating Spirit, now and ever and unto ages of ages. *Amen.*

A New Akathist to St. Herman

Blessed for liturgical use in his Archdiocese by Seraphim, Archbishop of Ottawa and Canada

Kontakion 1 (Tone 4): O holy Father Herman of Alaska, advocate of the oppressed, and protector of defenseless orphans: cool the heat of sorrow which melts our hearts, wipe away our tears and grant us to know the meaning of consolation. Pray for us your children that with new strength we may glorify God and sing to you:

Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Ikos 1: The Lord of Hosts chose you, O holy Father Herman, to be His warrior in the far north, fighting your way through the regiments of the unseen enemy and leading us, your fellow soldiers, to our heavenly homeland. Now that Christ has crowned you with the laurels of victory, we offer you these songs of praise:

Rejoice, struggler against world rulers of this present darkness!
Rejoice, victor over the spiritual hosts of wickedness under heaven!
Rejoice, warrior triumphant over the forces of evil!
Rejoice, athlete who vanquishes the demonic adversary!
Rejoice, valiant pilgrim journeying through this life to life eternal!
Rejoice, unerring guide to our homeland in heaven!
Rejoice, standard-bearer of the army of Christ!
Rejoice, sign of God's great mercy to sinners!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 2: Aflame with love for the souls of the lost, O holy Father Herman, you left Valaam monastery with nine others of the angelic life, traversing all the Russian lands to bring the Gospel to those at the ends of the earth. Zeal for the salvation of America hastened your steps as you travelled and sang to God: *Alleluia!*

Ikos 2: Arriving at Kodiak Island, with your fellow missionaries you built the Church of the Resurrection for the worship of the Saviour of all, and worked in humility in the bakery, caring for the needs of your brothers. Glorifying God for your perseverance and

humility, we cry aloud to you:

Rejoice, you whose prayers fill the hungry with food!
Rejoice, you whose words bring us the Bread of heaven!
Rejoice, lowly Herman, for your lowliness has brought you to the heights!
Rejoice, humble monk, for your humility has exalted you to heaven!
Rejoice, worshipper of the risen Christ, for your prayers sustain us all!
Rejoice, friend of the heavenly saints, for your love brings us home to God!
Rejoice, teacher of piety and fervent prayer!
Rejoice, bringer of the joy of the Resurrection!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 3: Driven from Kodiak by those who would exploit the newly-converted children of God, O holy Father Herman, you retired to Spruce Island, digging a cave for your dwelling with your own hands and establishing your hermitage of New Valaam. United in bonds of love to your abbot Nazarius and his monks in far-away Russia, you nursed the souls of your converts in Alaska, teaching them to sing to God: *Alleluia!*

Ikos 3: Working with your spiritual daughter Sophia, and upheld by the divine wisdom, O holy Father Herman, you taught the children at your school, and sustained with love all who came to you, inspiring them with your holy joy. For forty years you lived among them as their advocate and protector, a sign of God's compassion for all men. Trusting in your constant love, we lift up our voices and say:

Rejoice, grandfather to little children!
Rejoice, father to all who seek your aid!
Rejoice, gentle embrace of the Good Shepherd!
Rejoice, healing touch of the mighty Saviour!
Rejoice, shield to those attacked by the foe!
Rejoice, shelter for those who take refuge in Christ!
Rejoice, wisdom of the Father, hidden in the far northern wilderness!
Rejoice, light of Christ, shining forth to all the world!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 4: O blessed Elder of the north, you saved from disaster those who trusted in you, for when they were menaced by a flood, you put an icon of the Theotokos on the beach, declaring that the waters would go no further than that place; and so it came to pass. Marvelling at your faith and your miracles, we glorify God, singing to you: *Alleluia!*

Ikos 4: When a forest fire threatened your beloved children, O holy Father Herman, you dug a trench, and said, "Be at peace; the fire will not cross this line"; and your words were fulfilled. Seeing how God is wonderful in His saints, we bring to you these praises:

Rejoice, you whose faith is stronger than raging forest fire!
Rejoice, you whose prayers save us from the eternal fire to come!
Rejoice, bringer of peace to the anguished and anxious!
Rejoice, giver of joy to the hopeless and despairing!
Rejoice, our bulwark against disaster and ruin!
Rejoice, our intercessor and friend to those in need!
Rejoice, tireless worker for those whose strength is gone!
Rejoice, ceaseless intercessor for those in need!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 5: Like a desert-dweller of old, O venerable Elder, you subdued your flesh by wearing heavy chains, having only a rough board for your blanket, and none could imitate your deeds. Your hard life brought you the grace of the Spirit, and overflowing with divine grace, you sang to God: *Alleluia!*

Ikos 5: Through the grace given to you, O holy Father Herman, you made the wilderness a paradise,

for you tamed the wild animals, feeding both the ermine and the bear with your hands. Through you the monastic desert flowers again in the New World, adorning the Church here with divine beauty, and causing us to sing:

Rejoice, you who taught us to seek the joys above!
Rejoice, you whose prayers now help us toiling here below!
Rejoice, you who warred mightily against the demons who assailed you!
Rejoice, you whose intercessions rescue us from every attack of the foe!
Rejoice, example for monastics striving in solitude!
Rejoice, help of all Christians struggling in the world!
Rejoice, for by your help we subdue our savage passions!
Rejoice, for by your aid we rise up to God!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 6: Though living in solitude in the forest of Spruce Island, O holy Father Herman, you were never alone, for you had God and His holy angels as your companions. Hidden from the eyes of men, you poured out your soul to the God of heaven in prayers and psalms and freely conversed with the angels, who joined you in your praises, crying: *Alleluia!*

Ikos 6: Like a treasure hidden in a field, O holy Father Herman, you remained hidden in the forest of Spruce Island, singing aloud to the Holy Trinity and turning the unkept woodland into a temple of God. All the trees of the forest sing for joy with you, as from the ends of the earth you cry, "Glory to the Righteous One!" Inspired by your praises, we also cry out:

Rejoice, converser with angels and benefactor of men!
Rejoice, faithful intercessor and devotee of Christ!
Rejoice, God's treasure, hidden in the far north!
Rejoice, citizen of the Kingdom, dwelling in the heavenly Zion!
Rejoice, joy of all the earth, adornment of the Church!
Rejoice, stronghold of the weak, protection of all who seek your intercession!
Rejoice, unending song of praise, rising from the silent snows!
Rejoice, unquenchable flame of faith, burning in the darkness of this age!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 7: Although those who exploited and hurt your poor American children persecuted you as well, O holy Father Herman, you never abandoned those who took refuge in your love. Rather, you remonstrated with the ones who were glorious on the

earth, and ceaselessly cried to the God of heaven. Now that God has heard your prayers and vindicated you, you hear from all your Church the song: *Alleluia!*

Ikos 7: Although those who persecuted you deprived you even of paper for keeping Church records, O holy Father Herman, your many accomplishments and great deeds are written in heaven. Those you baptized acclaim you in the Kingdom; the many whose tears you wiped away give thanks to God for you before His throne. Joining with these multitudes in heaven, we on earth offer these praises:

Rejoice, gentle shepherd of the lambs of Christ!
Rejoice, mighty champion of the children of God!
Rejoice, for you spoke truth to the powerful of the land!
Rejoice, for your courage gave new hope to the oppressed!
Rejoice, comforter of orphans and teacher of the truth!
Rejoice, light to those who seek the pathway to heaven!
Rejoice, you that endured persecution for the sake of righteousness!
Rejoice, you that now have your great reward in the Kingdom of heaven!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 8: You walked among the worldly-wise as a spiritual man, O holy Father Herman, for God gave you a mouth and a wisdom which none of them could refute or resist. In the midst of Russian sailors, you spoke the Gospel with such power that all were at a loss before your wisdom, and you taught them to love God above all else. Glorifying God who makes foolish the wisdom of the world, we sing aloud: *Alleluia!*

Ikos 8: God gave you His little ones, the humble of the earth, O holy Father Herman, that you might teach them His ways and guide them to heaven. You were a blazing light to those in darkness, a patient instructor in righteousness, a rescuing hand for those sinking in error. We who love the Orthodox Way you brought to Alaska turn to you and say:

Rejoice, you who love the Law of God!
Rejoice, you who proclaim the Gospel of the Lord!
Rejoice, for your testimony makes wise the simple!
Rejoice, for your teaching restores our souls!
Rejoice, delight of little orphans!
Rejoice, boast of aged elders!
Rejoice, beacon to those lost in darkness!
Rejoice, refuge for those weary of their sins!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 9: The feet which carried you across the Russian continent were beautiful, O holy Father Herman, for you came bearing Good News of Christ's salvation. Over seven thousand received baptism when your Mission came to Alaska, and still you reached out to bring more lost sheep into the Lord's saving fold. This mighty throng now stands before the throne of God, praising His grace and singing: *Alleluia!*

Ikos 9: The heavens are telling the glory of God, and we who have witnessed your life also proclaim your wonders, O holy Father Herman. As God's handiwork, you revealed to all His power to sanctify those who seek Him, and like the apostolic fishermen of old, you caught many souls in your Alaskan net. We who have inherited your apostolic mission now cry to you:

Rejoice, you whose words gather the scattered children of God into the one fold of Christ!
Rejoice, you who pastor with skilled hands the flock of the Lord!
Rejoice, trumpet of the far north, sounding abroad the glory of the Father!
Rejoice, proclaimer of divine pardon, calling all to the embrace of Jesus!

Rejoice, for you brought to Alaska the eternal and saving Gospel!
Rejoice, for you revealed the universal Kingdom at the ends of the earth!
Rejoice, skilled workman, accurately handling the Word of truth!
Rejoice, powerful evangelist, bringing many to the mercy of God!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 10: When the time for your death drew near, O wonder-working Father Herman, you foreknew that day and hour, and told your disciple Gerasim. For after lighting the candles and reading the Acts of the Apostles, you commanded that the reading be stopped, saying that God had granted you another week of life. Then, after that week, you commanded the candles to be re-lit and the Acts of the Apostles read again, and so you reposed in the Lord as you had said. Seeing your radiant face and smelling the sweet fragrance of your departure, Gerasim sang to God: *Alleluia!*

Ikos 10: When giving orders regarding your burial, O holy Father Herman, you commanded that your holy face be covered with your mantle, in your

humility not wishing that anyone should see your face. Even in death your preached the Cross of Christ, for you ordered that the Cross be placed in your hands for the mourners to kiss at your funeral. Now that you stand as our intercessor in heaven, your face is always turned to us, and we your suppliants lift high the Cross you proclaimed, saying:

Rejoice, prophet and foreseer of the things to come!
Rejoice, messenger and herald of the blessings of God!
Rejoice, sweet fragrance of the Kingdom of Christ!
Rejoice, radiant light of the uncreated Trinity!
Rejoice, for you walked in humility to the end!
Rejoice, for you preached the Cross without ceasing!
Rejoice, sign of God's blessing in the new world!
Rejoice, promise of Christ's presence among His holy Church!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 11: At the time of your blessed death, O venerable Father Herman, a light was seen over Spruce Island that reached to heaven, and those who knew your holy life perceived that you had left them. Having illumined us through your teachings and shining example, you illumined us also through your death, lighting up the sky as you ascended to heaven. Glorifying God who has glorified you, we lift up the song: *Alleluia!*

Ikos 11: O wonderworker of the north, your holy relics remained incorrupt in the warm chapel for many days where you lay, witnessing to the truth of your Gospel and of your enduring love for us. From your burial place on Spruce Island your relics and your prayers continued to be a source of miracles, and we praise God for your intercession, bringing our songs:

Rejoice, you who stand before the throne of God in glory!
Rejoice, you who never forsake your people on earth!
Rejoice, unfailing physician of our souls and bodies!
Rejoice, faithful intercessor of the Orthodox Church!
Rejoice, for you remain with those who love you!
Rejoice, for you lead us all to heaven above!
Rejoice, spiritual haven for all who seek God's mercy!
Rejoice, well-spring of holiness for all who love His Presence!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 12: A few years after your repose, O holy Father Herman, you saved the missionary St. Innocent from a storm at sea. For as he neared Kodiak, his ship was caught in a tempest, and he feared that he would perish in the stormy waters, just as his predecessor Bishop Joasaph did before him. Looking toward Spruce Island, he invoked your prayers, asking that

the wind might change, and it did within a quarter of an hour. We who are caught in the storms of life also call out to you, crying: *Alleluia!*

Ikos 12: We who follow the Orthodox Way you planted in North America praise God for the gift of your holy relics and your ceaseless prayer. Having transferred your sacred body to Kodiak, the Church now celebrates your memory with joy and splendour, exulting that God still works wonders through you. Grateful to the Lord for your presence among us, we offer you these hymns:

Rejoice, confirmation of the truth of God!
Rejoice, image of the beauty of holiness!
Rejoice, for you laid the foundation of Orthodoxy in the new world!
Rejoice, for you challenge and inspire us to continue your holy work!
Rejoice, boast and crown of all Orthodox Christians!
Rejoice, first saint of our land!
Rejoice, abiding fragrance of holiness!
Rejoice, never-fading light of truth!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 13 (said thrice): O holy Father Herman of Alaska, joy of our hearts and blessing of God to us,

accept these humble prayers and pray for us before the throne of God. Grant that through your intercessions we also might stand before His throne, and with you exult in endless joy before Him, singing forever and ever: *Alleluia!*

Ikos 1: The Lord of Hosts chose you, O holy Father Herman, to be His warrior in the far north, fighting your way through the regiments of the unseen enemy and leading us, your fellow soldiers, to our heavenly homeland. Now that Christ has crowned you with the laurels of victory, we offer you these songs of praise:

Rejoice, struggler against world rulers of this present darkness!
Rejoice, victor over the spiritual hosts of wickedness under heaven!
Rejoice, warrior triumphant over the forces of evil!
Rejoice, athlete who vanquishes the demonic adversary!
Rejoice, valiant pilgrim journeying through this life to life eternal!
Rejoice, unerring guide to our homeland in heaven!
Rejoice, standard-bearer of the army of Christ!
Rejoice, sign of God's great mercy to sinners!
Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Kontakion 1: O holy Father Herman of Alaska, advocate of the oppressed, and protector of defenseless

orphans: cool the heat of sorrow which melts our hearts, wipe away our tears and grant us to know the meaning of consolation. Pray for us your children that with new strength we may glorify God and sing to you:

Rejoice, O Father Herman of Alaska, joyful defender of your Church in North America!

Akathist, Glory to God for All Things

Kontakion 1: O everlasting King, Your will for our salvation is full of power. Your right arm controls the whole course of human life. We give You thanks for all Your mercies, seen and unseen: for eternal life, for the heavenly joys of the Kingdom which is to be. Grant mercy to us who sing Your praises, both now and in the time to come. Glory to You, O God, from age to age.

Ikos 1: I was born a weak, defenseless child, but Your angel spread his wings over my cradle to defend me. From birth until now, Your love has illumined my path, and has wondrously guided me towards the light of eternity. From birth until now the generous gifts of Your providence have been marvelously showered upon me. I give You thanks, with all who have come to know You, who call upon Your name:

Glory to You for calling me into being.

Glory to You, showing me the beauty of the universe.

Glory to You, spreading out before me heaven and earth, like the pages in a book of eternal wisdom.
Glory to You for Your eternity in this fleeting world.
Glory to You for Your mercies, seen and unseen.
Glory to You, through every sigh of my sorrow.
Glory to You for every step of my life's journey, for every moment of glory.
Glory to You, O God, from age to age.

Kontakion 2: O Lord , how lovely it is to be Your guest. Breeze full of scents, mountains reaching to the skies, waters like a boundless mirror, reflecting the sun's golden rays and the scudding clouds. All nature murmurs mysteriously, breathing the depths of Your tenderness. Birds and beasts of the forest bear the imprint of Your love. Blessed are You, O mother earth, O reflected loveliness of the land where beauty grows not old, and where rings out the cry: *Alleluia!*

Ikos 2: You have brought me into life as if into an enchanted paradise. We have seen the sky like a chalice of deepest blue, with the birds singing in the azure heights. We have listened to the soothing murmur of the forest and the melodious music of the streams. We have tasted fruit of fine flavour and the sweet-scented honey. We can live very well on Your earth. It is a pleasure to be Your guest.

Glory to You for the feast-day of life.
Glory to You for the perfume of lilies and roses.
Glory to You for each different taste of berry and fruit.
Glory to You for the sparkling silver of early morning dew.
Glory to You for the joy of dawn's awakening.
Glory to You for the new life each day brings.
Glory to You, O God, from age to age.

Kontakion 3: It is the Holy Spirit who makes us find joy in each flower, the exquisite scent, the delicate colour, the beauty of the most high in the tiniest of things. Glory and honour to the Spirit, the Giver of Life, who robes the fields with their garment of flowers, crowns the harvest with gold, and gives to us the joy of gazing at it with our eyes. O be joyful and sing to him: *Alleluia!*

Ikos 3: How glorious You are in the springtime, when every creature awakens to new life and joyfully sings Your praises with a thousand tongues! You are the source of life, the destroyer of death. By the light of the moon, nightingales sing, and the valleys and hills lie like wedding-garments, white as snow. All the earth is Your promised bride awaiting her spotless husband. If the grass of the field is like this, how gloriously shall we be transfigured in the Second Coming, after the

resurrection! How splendid our bodies, how spotless our souls!

Glory to You for the warm tenderness of nature.
Glory to You for the numberless creatures around us.
Glory to You for the depths of Your wisdom the whole world a living sign of it.
Glory to You on my knees; I kiss the traces of Your unseen hand.
Glory to You enlightening us with the clarity of eternal life.
Glory to You for the hope of the unutterable, imperishable beauty of immortality.
Glory to You, O God, from age to age.

Kontakion 4: How filled with sweetness are those whose thoughts dwell on You: how life-giving Your holy Word. To speak with You is more soothing than anointing with oil, sweeter than the honeycomb. To pray to You lifts the spirit, refreshes the soul. Where You are not, there is only emptiness; hearts are smitten with sadness; nature, and life itself, becomes sorrowful. Where You are, the soul is filled with abundance, and its song resounds like a torrent of life: *Alleluia!*

Ikos 4: When the sun is setting, when quietness falls, like the peace of eternal sleep, and the silence of the spent day reigns, then in the splendour of its declining

rays, filtering through the clouds, I see Your dwelling-place. Firey and purple, gold and blue, they speak prophet-like of the ineffable beauty of Your presence, and call to us in their majesty. We turn to the Father:

Glory to You at the hushed hour of nightfall.
Glory to You, covering the earth with peace.
Glory to You for the last ray of the sun as it sets.
Glory to You for sleep's repose that restores us.
Glory to You for Your goodness, even in time of darkness, when all the world is hidden from our eyes.
Glory to You for the prayers offered by a trembling soul.
Glory to You for the pledge of our reawakening on the glorious last day, that day which has no evening.
Glory to You, O God, from age to age.

Kontakion 5: The dark storm-clouds of life bring no terror to those in whose hearts Your fire burns brightly. Outside is the darkness of the whirlwind, the terror, the howling of the storm, but in the heart, in the presence of Christ, there is light and peace, silence. The heart sings: *Alleluia!*

Ikos 5: I see Your heavens bright with stars. How glorious You are, radiant with light! Eternity watches me by the rays of the distant stars. I am small, insignificant, but the Lord is at my side: Your right arm guides me wherever I go.

Glory to You, ceaselessly watching over me.
Glory to You for the encounters You arrange for me.
Glory to You for the love of parents, for the faithfulness of friends.
Glory to You for the humbleness of animals which serve me.
Glory to You for the unforgettable moments of life.
Glory to You for the heart's innocent joy.
Glory to You for the joy of living, moving, and being able to return Your love.
Glory to You, O God, from age to age.

Kontakion 6: How great and how close You are in the powerful track of the storm! How mighty Your right arm in the blinding flash of lightning! How awesome Your majesty! The voice of the Lord fills the fields, it speaks in the rustling of the trees. The voice of the Lord is in the thunder and the downpour. The voice of the Lord is heard above the waters. Praise be to You in the roar of mountains ablaze. You shake the earth like a garment; You pile up to the sky the waves of the sea. Praise be to You, bringing low the pride of man, drawing from his heart a cry of penitence: *Alleluia!*

Ikos 6: The breath of Your Holy Spirit inspires artists, poets, scientists. The power of Your supreme knowledge

makes them prophets and interpreters of Your laws, who reveal the depths of Your creative wisdom. Their works speak unwittingly of You. How great are You in Your creation! How great are You in man!

Glory to You, God beyond the summit of men's dreaming.
Glory to You, God for whom we thirst always.
Glory to You, for our discontent with earthly things.
Glory to You, turning on us Your healing rays.
Glory to You, subduing the power of the spirits of darkness and dooming to death every evil.
Glory to You for the signs of Your presence, for the joy of hearing Your voice and living in Your love.
Glory to You, O God, from age to age.

Kontakion 7: In the wondrous blending of sounds, it is Your call we hear. In the harmony of many voices, in the sublime beauty of music, in the glory of the works of great composers, You lead us to the threshold of paradise to come, and to the choirs of angels. All true beauty has the power to draw the soul towards You and make it sing in ecstasy: *Alleluia!*

Ikos 7: The breath of Your Holy Spirit inspires artists, poets, scientists. The power of Your supreme knowledge makes them prophets and interpreters of Your laws, who reveal the depths of Your creative

wisdom. Their works speak unwittingly of You. How great are You in Your creation! How great are You in man!

Glory to You, showing Your unsurpassable power in the laws of the universe.
Glory to You, for all nature is filled with Your laws.
Glory to You for what You have revealed to us in Your mercy.
Glory to You for what You have hidden from us in Your wisdom.
Glory to You for the inventiveness of the human mind.
Glory to You for the dignity of man's labor.
Glory to You for the tongues of fire that bring inspiration.
Glory to You, O God, from age to age.

Kontakion 8: How near You are in the day of sickness. You Yourself visit the sick. You Yourself bend over the sufferer's bed; his heart speaks to You. In the throes of sorrow and suffering, You bring peace; You bring unexpected consolation. You are the Comforter. You are the love which watches over nd heals us. To You we sing the song: *Alleluia!*

Ikos 8: When in my childhood I called upon You consciously for the first time, You heard my prayer; You filled my heart with the blessing of peace. At that

moment I knew Your goodness, knew how blessed are those who turn to You. I started to call upon You, night and day, and even now, I call upon Your name:

Glory to You, satisfying my desires with good things.
Glory to You, watching over me day and night.
Glory to You, curing affliction and emptiness with the healing flow of time.
Glory to You; no loss is irreparable in You, giver of eternal life to all.
Glory to You, making immortal all that is lofty and good.
Glory to You, promising us the longed-for meeting with our loved ones who have died.
Glory to You, O God, from age to age.

Kontakion 9: Why is it that on a feast-day the whole of nature mysteriously smiles? Why is it that then a heavenly gladness fills our hearts, a gladness far beyond that of earth, and the very air in church and in the altar becomes luminous? It is the breath of Your gracious love; it is the reflection of the glory of Mount Tabor. Then do heaven and earth sing Your praise: *Alleluia!*

Ikos 9: When You called me to serve my brothers and filed my soul with humility, one of Your deep-piercing rays shone into my heart; it became luminous, full of

light, like iron glowing in the furnace. I have seen Your face, face of mystery and of unapproachable glory.

Glory to You, transfiguring our lives with deeds of love.
Glory to You, making wonderfully sweet the keeping of Your commandments.
Glory to You, making Yourself known where man shows mercy on his neighbour.
Glory to You, sending us failure and misfortune, that we may understand the sorrows of others.
Glory to You, rewarding us so well for the good we do.
Glory to You, welcoming the impulse of our heart's love.
Glory to You, raising to the heights of heaven every act of love in earth and sky.
Glory to You, O God, from age to age.

Kontakion 10: No one can put together what has crumbled into dust, but You can restore a conscience turned to ashes; You can restore to its former beauty a soul lost and without hope. With You, there is nothing that cannot be redeemed. You are Love; You are Creator and Redeemer. We praise You, singing: *Alleluia!*

Ikos 10: Remember, my God, the fall of Lucifer, full of pride; keep me safe with the power of Your grace. Save me from falling away from You; save me from

doubt. Incline my heart to call upon You, present in everything.

Glory to You for every happening, every condition Your Providence has put me in.
Glory to You for what You speak to me in my heart.
Glory to You for what You reveal to me, asleep or awake.
Glory to You for scattering our vain imaginations.
Glory to You for raising us from the slough of our passions through suffering.
Glory to You for curing our pride of heart by humiliation.
Glory to You, O God, from age to age.

Kontakion 11: Across the cold chains of the centuries, I feel the warmth of Your breath; I feel Your blood pulsing in my veins. Part of time has already gone, but now You are the present. I stand by Your cross; I was the cause of it. I cast myself down in the dust before it. Here is the triumph of love, the victory of salvation. Here the centuries themselves cannot remain silent, singing Your praises: *Alleluia!*

Ikos 11: Blessed are they that will share in the King's banquet; but already on earth You give me a foretaste of this blessedness. How many times with Your own hand have You held out to me Your Body and

Your Blood, and I, though a miserable sinner, have received this Sacrament, and have tasted Your love, so ineffable, so heavenly.

Glory to You for the unquenchable fire of Your grace.
Glory to You, building Your Church, a haven of peace in a tortured world.
Glory to You for the life-giving water of baptism in which we find new birth.
Glory to You, restoring to the penitent purity white as the lily.
Glory to You for the cup of salvation and the bread of eternal joy.
Glory to You for exalting us to the highest heaven.
Glory to You, O God, from age to age.

Kontakion 12: How oft have I seen the reflection of Your glory in the faces of the dead. How resplendent they were, with beauty and heavenly joy; how ethereal, how translucent their faces; how triumphant over suffering and death, their felicity and peace. Even in the silence they were calling upon You. In the hour of my death, enlighten my soul, too, that it may cry out to You: *Alleluia!*

Ikos 12: What sort of praise can I give You? I have never heard the song of the cherubim, a joy reserved for the spirits above. But I know the praises that nature

sings to You. In winter, I have beheld how silently in the moonlight the whole earth offers You prayer, clad in its white mantle of snow, sparkling like diamonds. I have seen how the rising sun rejoices in You, how the song of the birds is a chorus of praise to You. I have heard the mysterious murmurings of the forests about You, and the winds singing Your praise as they stir the waters. I have understood how the choirs of stars proclaim Your glory as they move forever in the depths of infinite space. What is my poor worship? All nature obeys You, I do not. Yet while I live, I see Your love, I long to thank You, pray to You, and call upon Your name:

Glory to You, giving us light.
Glory to You, loving us with love so deep, divine, and infinite.
Glory to You, blessing us with light, and with the host of angels and saints.
Glory to You, Father all-holy, promising us a share in Your kingdom.
Glory to You, Holy Spirit, life-giving Sun of the world to come.
Glory to You for all things, holy and most merciful Trinity.
Glory to You, O God, from age to age.

Kontakion 13: Life-giving and merciful Trinity, receive my thanksgiving for all Your goodness. Make

us worthy of Your blessings, so that, when we have brought to fruit the talents You have entrusted to us, we may enter into the joy of our LORD, forever exulting in the shout of victory: *Alleluia!*

Kontakion 1: O everlasting King, Your will for our salvation is full of power. Your right arm controls the whole course of human life. We give You thanks for all Your mercies, seen and unseen: for eternal life, for the heavenly joys of the Kingdom which is to be. Grant mercy to us who sing Your praises, both now and in the time to come. Glory to You, O God, from age to age.

Ikos 1: I was born a weak, defenseless child, but Your angel spread his wings over my cradle to defend me. From birth until now, Your love has illumined my path, and has wondrously guided me towards the light of eternity. From birth until now the generous gifts of Your providence have been marvelously showered upon me. I give You thanks, with all who have come to know You, who call upon Your name:

Glory to You for calling me into being.

Glory to You, showing me the beauty of the universe.

Glory to You, spreading out before me heaven and earth, like the pages in a book of eternal wisdom.

Glory to You for Your eternity in this fleeting world.
Glory to You for Your mercies, seen and unseen.
Glory to You, through every sigh of my sorrow.
Glory to You for every step of my life's journey, for every moment of glory.
Glory to You, O God, from age to age.

INTERCESSIONS

INTERCESSIONS

INTERCESSIONS

INTERCESSIONS

INTERCESSIONS

INTERCESSIONS

INTERCESSIONS

THE END

"Glory to God for all things!"

– ***St. John Chrysostom***

"God listens not to our voice
but to our heart."

– ***St. Cyprian of Carthage***